THE SATURDAY EVENING POST

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Kevin Costner: Robin Hood for the '90s

Cancer Fighting Taxol: Yew Can Do It

American Illustrators Hall of Fame

Easy Water Aerobics

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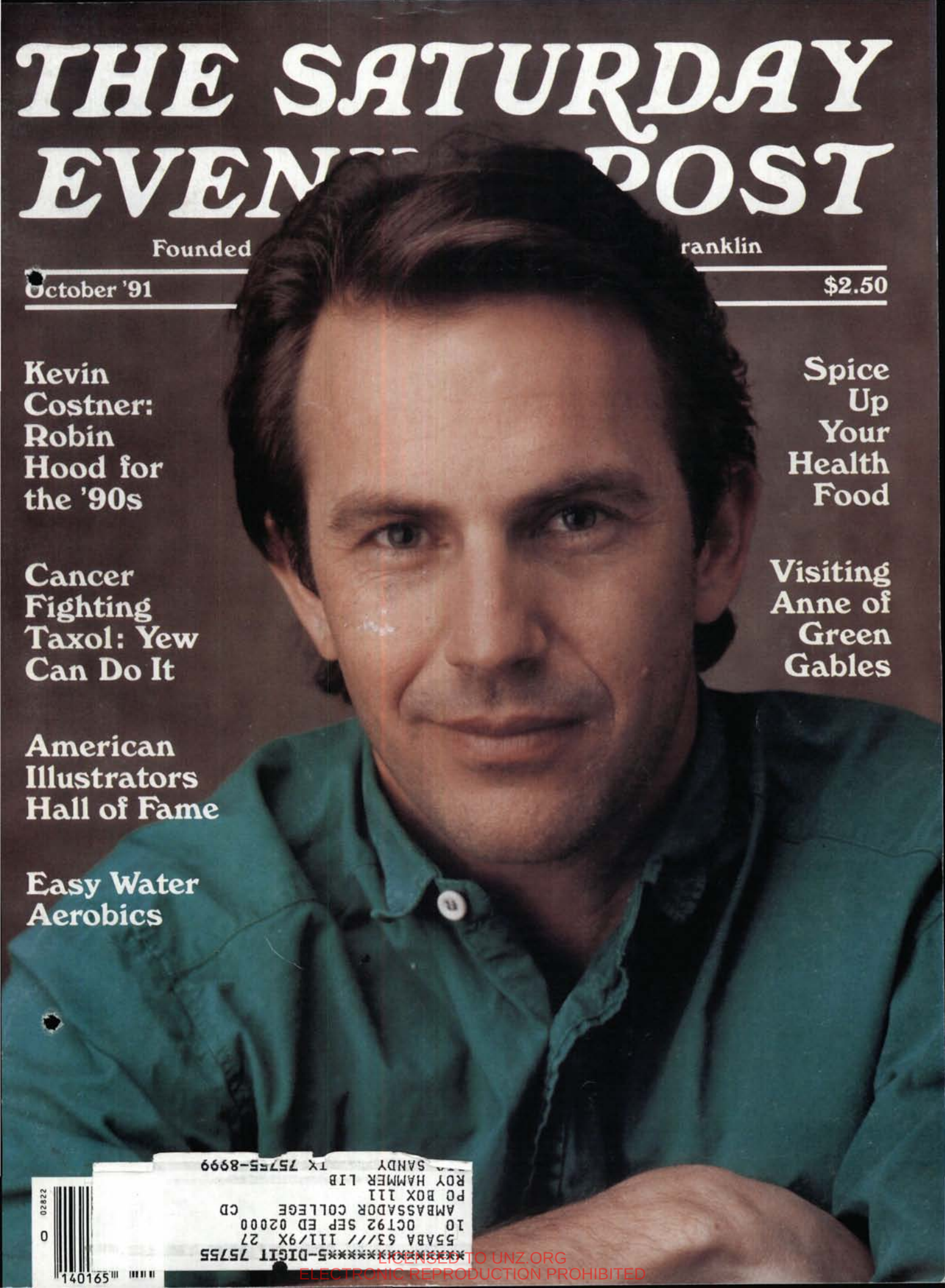
Visiting Anne of Green Gables



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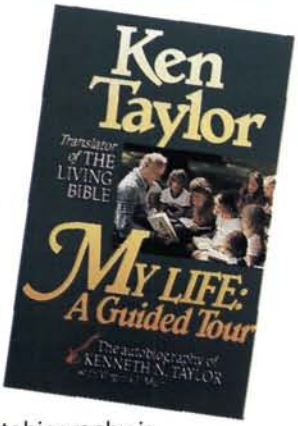
Dr. Kenneth N. Taylor . . .
A Man with a Mission.

Dr. Taylor and his grandson Stephen

MY LIFE: A GUIDED TOUR



In a day and age when few people are faithful to God's calling, Dr. Ken Taylor stands his ground as a man with a mission. Answering God's call, Dr. Taylor translated *The Living Bible*, founded one of the fastest-growing Christian publishers, and has authored more than 20 children's books. This fascinating autobiography is sprinkled with intriguing anecdotes and lessons learned by this incredible man of God. **Paperback $9.95**

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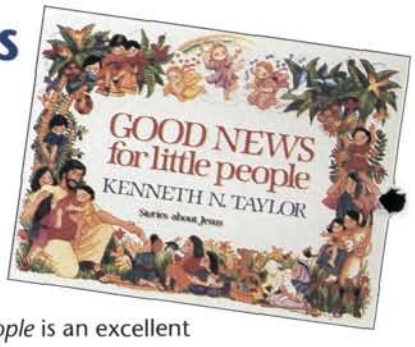
GOOD NEWS FOR LITTLE PEOPLE



The fourth book in Dr. Ken Taylor's best-selling "Little People Series," *Good News for Little People* is an excellent way to introduce children from ages 2–6 to the Lord. Lavish illustrations on every page with compelling poems, stories, and prayers make *Good News for Little People* entertaining and educational. **Hardcover $10.95**

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Now I lay me down to sleep

Shown smaller than actual size of 8¼" in diameter.

Bedtime Prayers

by Kathy Lawrence

the Danbury Mint

© 1991 American Greetings Corp.

A numbered limited first edition collector plate trimmed in 23 kt gold.

"Bless my Mommy and Daddy, Grandma and Grandpa, my new baby sister...and of course Mr. Bear." This adorable little boy earnestly tries to include all his loved ones as he kneels to say his "Bedtime Prayers." Soon he'll be fast asleep, safe and sound, dreaming the innocent dreams of childhood.

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"Bedtime Prayers" is the first collector plate in an exclusive new Danbury Mint series entitled *Young Innocence.* Each issue will feature an original Kathy Lawrence painting which has *never before appeared on a collector plate.*

Each serially-numbered plate will be accompanied by a matching personalized Certificate of Authenticity. The edition of "Bedtime Prayers" will be limited to the production capacity of 25 firing days. None will be offered through dealers; this First Edition is available exclusively through the Danbury Mint. As a finishing touch, each plate will be trimmed with a band of precious 23kt gold.

No Obligation—No Risk

When you acquire "Bedtime Prayers," you have the option, *but not the obligation,* to acquire all subsequent plates in this captivating new series. Furthermore, under our *100% Unconditional Guarantee,* you may return any plate for replacement or refund within 30 days.

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Whether children are part of your past, present, or future, the angelic little boy in "Bedtime Prayers" is sure to capture your heart. We expect great demand for this charming new collector plate. In order to receive the lowest serial number, send in your reservation today!

YIP Please Reply Promptly 28

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THE SATURDAY EVENING POST

Founded A.D. 1728

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(Cover photograph by Raul Vega/Outline Press)

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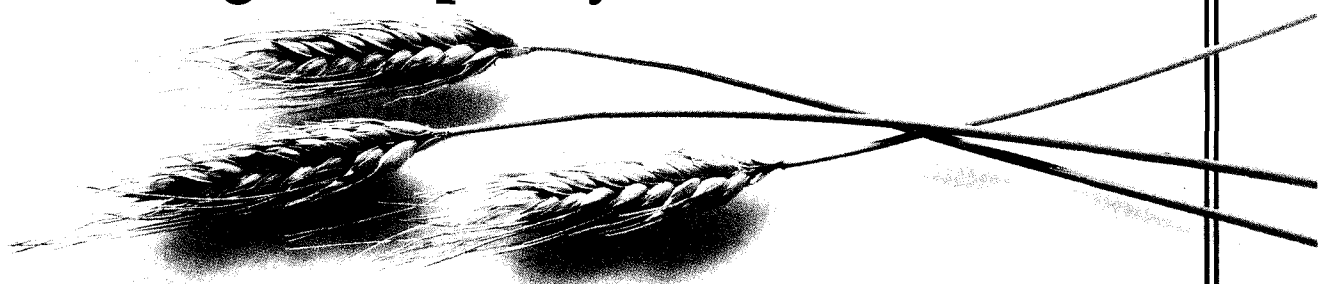

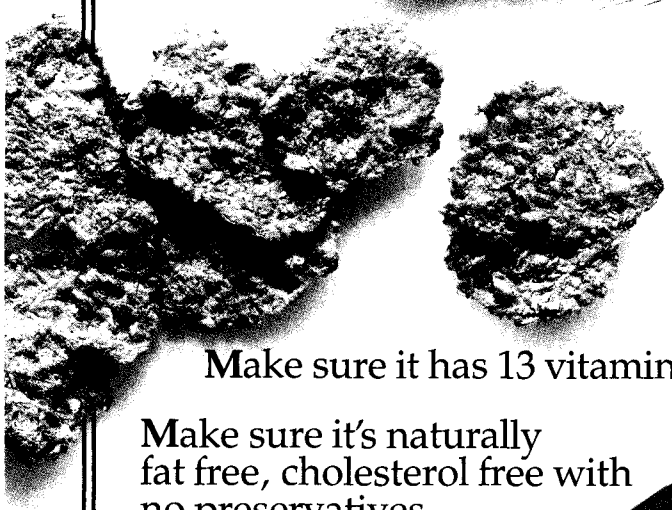

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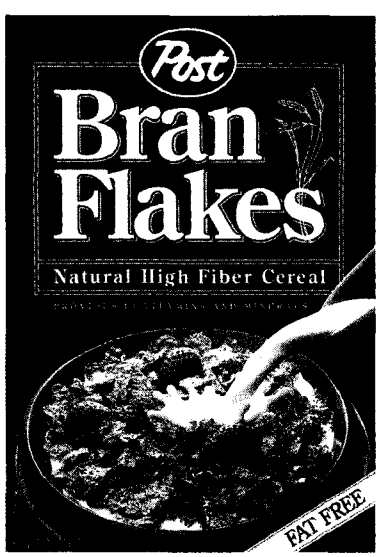

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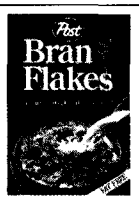

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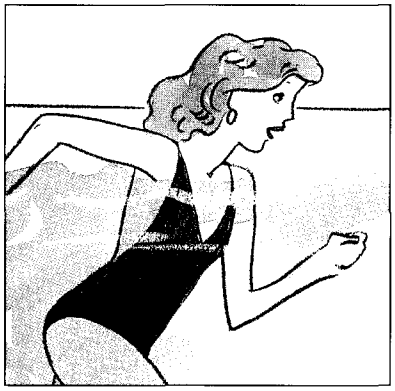

Exercising in Water—is now giving walking and jogging a run for their money. **66**

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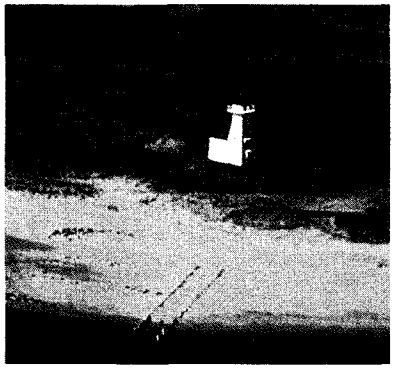

A Fictional Girl Named Anne—draws visitors by the thousands to Canada's Prince Edward Island. **82**

Spice Up Meals—with tangy new-world recipes courtesy of discoverer Christopher Columbus. **22**

Letters

Amen to Bible Article

As a relatively new subscriber to the *Post*, I have been well pleased with the quality and variety of articles presented in your magazine. Thank you for these!

Specifically, I was pleased to read Thomas Ehrlich's article in "Open Forum" in the May/June 1991 edition. "The Bible: Our Heritage" was not only inspirational but reassuring as well, thus proving to this skeptic that there are truly ethical leaders in the teaching profession, even in state universities. Mr. Ehrlich is to be congratulated on his courage in asserting his belief in traditional values despite the overwhelming opposition of his peers in the American university system. Please thank him for me and give yourselves pats on the back for including his article in that issue.

Ursula Schroeder
Three Lakes, Wisconsin

Broaching the Subject of Bowel Disease

This is a "thank you" to Marvin Bush for coming out and speaking of his surgery ("Marvin Bush: I'm Lucky to Be Alive," *SEP*, July/August 1991). Also a "thank you" to the *Post* for the factual information given on page 51.

Our daughter was diagnosed at age three and an ileostomy was performed at age eight. Those were very hard years. I washed bedding every single day as she had no control. She was also shy and stubborn. The post-operative years took a lot of patience also, as accidents would happen at school as she learned to manage the pouch and diet.

How did I get through it? By faith and prayer. God gave me the strength; my husband was also very supportive in helping her with catching up on homework.

Thank you again!

Amy R. Breisch
New Glarus, Wisconsin

Please accept my sincere appreciation for the outstanding article about Marvin Bush.

Carol Krucoff provided a sensitive and thorough discussion of ulcerative colitis and Crohn's disease—serious illnesses that, tragically, are too often misunderstood and misdiagnosed.

We are especially grateful to *The*

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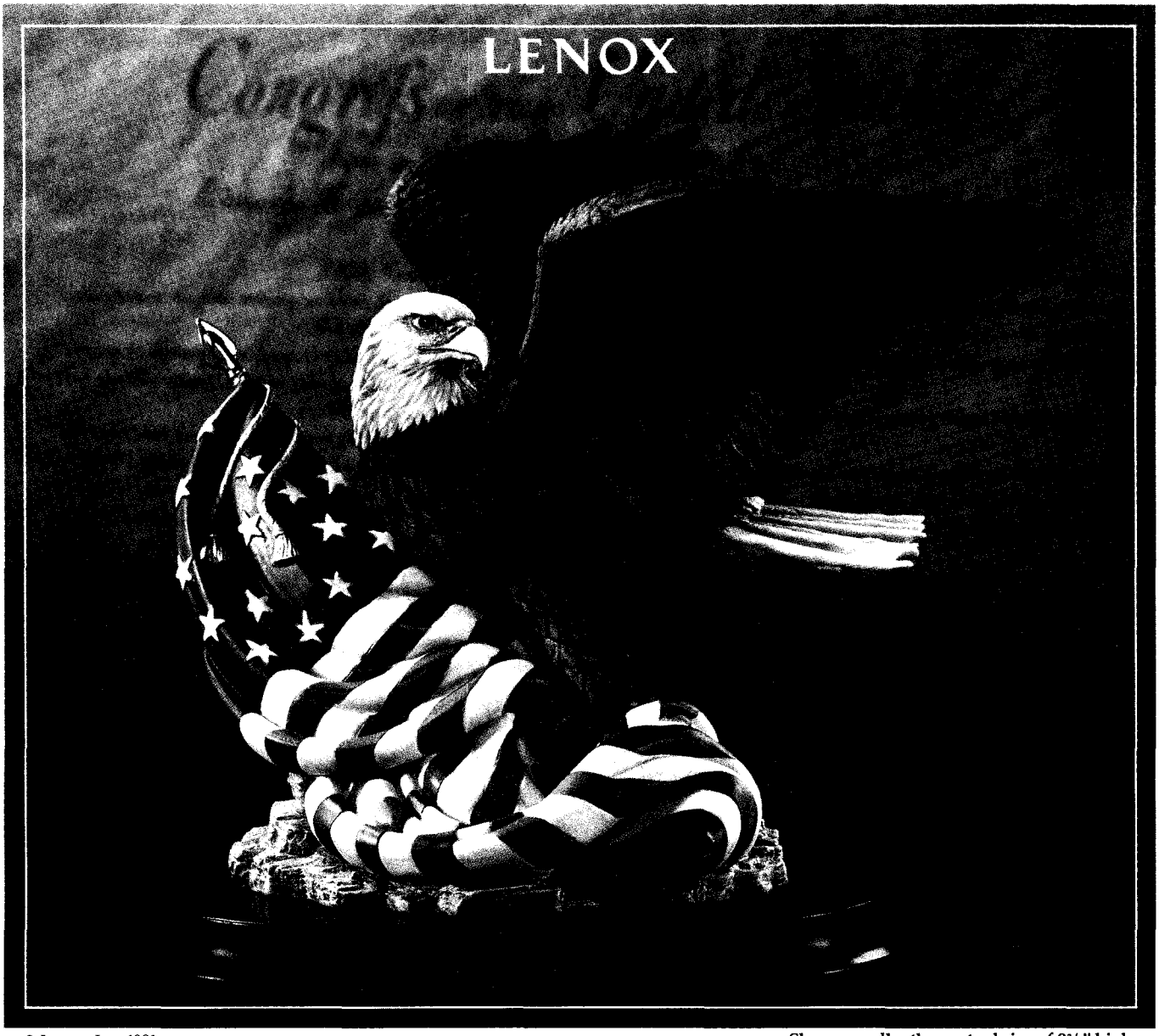

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Saturday Evening Post for helping us to educate the general public about these inflammatory bowel diseases. We also appreciate your support in helping us to reach out to patients and their families. We already have begun to receive telephone calls and letters from your readership. Each caller receives a free package of information about ulcerative colitis and Crohn's disease and is referred to a local CCFA chapter for further assistance.

Your commitment to providing your readership with such thoughtful and in-depth stories clearly underscores why the *Post* remains one of America's finest magazines.

Jane Present
National President, Crohn's & Colitis Foundation of America
New York, New York

Thanksgiving Every Day

Usually I rush through my *Saturday Evening Post*, but yesterday I took time to read the May/June edition from cover to cover in one day.

I was particularly interested in the letter from Olive Ponton Chamberlain on page 4. From somewhere I had cut a 6½ by 4½ copy of Norman Rockwell's "Thanksgiving" and pasted it on the cover of my 1991 Mission Yearbook for Prayer of the Presbyterian Church (USA). I now see that lovely picture every morning.

Marguerite M. McClellan
Olathe, Kansas

A Generous Apology Requested

Over the past 500 years relations between Native Americans and later arrivals on this continent have varied from poor to gawsh-awful bad. Your "Perfect Squelch" in the latest *Post* (July/August '91) has set these relations to a point only slightly better than the status immediately following the Wounded Knee episode.

This so-called "squelch" is in such poor taste that I expect even the garbage can to shudder when I toss in the magazine.

I believe you owe not only all Native Americans but all your readers (and even some who only look at the pictures) a generous apology.

In addition, it would be most appropriate for you to pursue an article counteracting such racial stereotypes. If we fail in the effort to rid ourselves of such thoughts and language, this nation may turn out to be only a two-bit socio/geographic anomaly.

Please do what you can to see that this sort of hurting does not continue.

Karl and Donella Evans
Mesa, Arizona

Advertising Smoke-out

The American Medical Women's Association (AMWA) believes so strongly that tobacco products must be eliminated as a threat to the health of our nation, that it formed an Anti-Smoking Task Force devoted solely to this work.

On behalf of AMWA, the Anti-Smoking Task Force wishes to commend the editorial board of your magazine for your decision not to accept advertisements of tobacco products. While the tobacco industry spends over two billion dollars per year in this country to advertise this vehicle of death and morbidity, AMWA realizes what a financial sacrifice it is for those publications who do not accept tobacco ads to forgo an easy lucrative promotion. We wish you well in promoting other more healthful products which hopefully can be as lucrative. Certainly, our organization encourages its members and their friends to obtain subscriptions to your publication, to provide it in their offices, and to promote it to their patients.

Omega L. Silva, M.D.
Chair, Anti-Smoking Task Force
Alexandria, Virginia

Post in Good Hands

This is a picture of my mother, who will be 96 in September. She is not too strong and her eyesight is getting bad.

We would love to have her see it in your magazine. Is it possible?

As close as we can come to the date is Oct. 19, 1912. Maybe you have a magnifying glass and can see for sure the date.

Mrs. Betty Mertens
Bowling Green, Ohio

Editor's note: You are right about the date.

Nursing Home Sweet Home

Congratulations on your article "Choosing a Place to Live"! It was like a breath of fresh air to finally read an article that was not full of negativism.

Nursing homes have been getting a bum rap for years. I was a director of nursing in a nursing home for ten years. It was continually a source of depression for me to see the guilt laid on families for "putting their loved one away."

People were made afraid to come to

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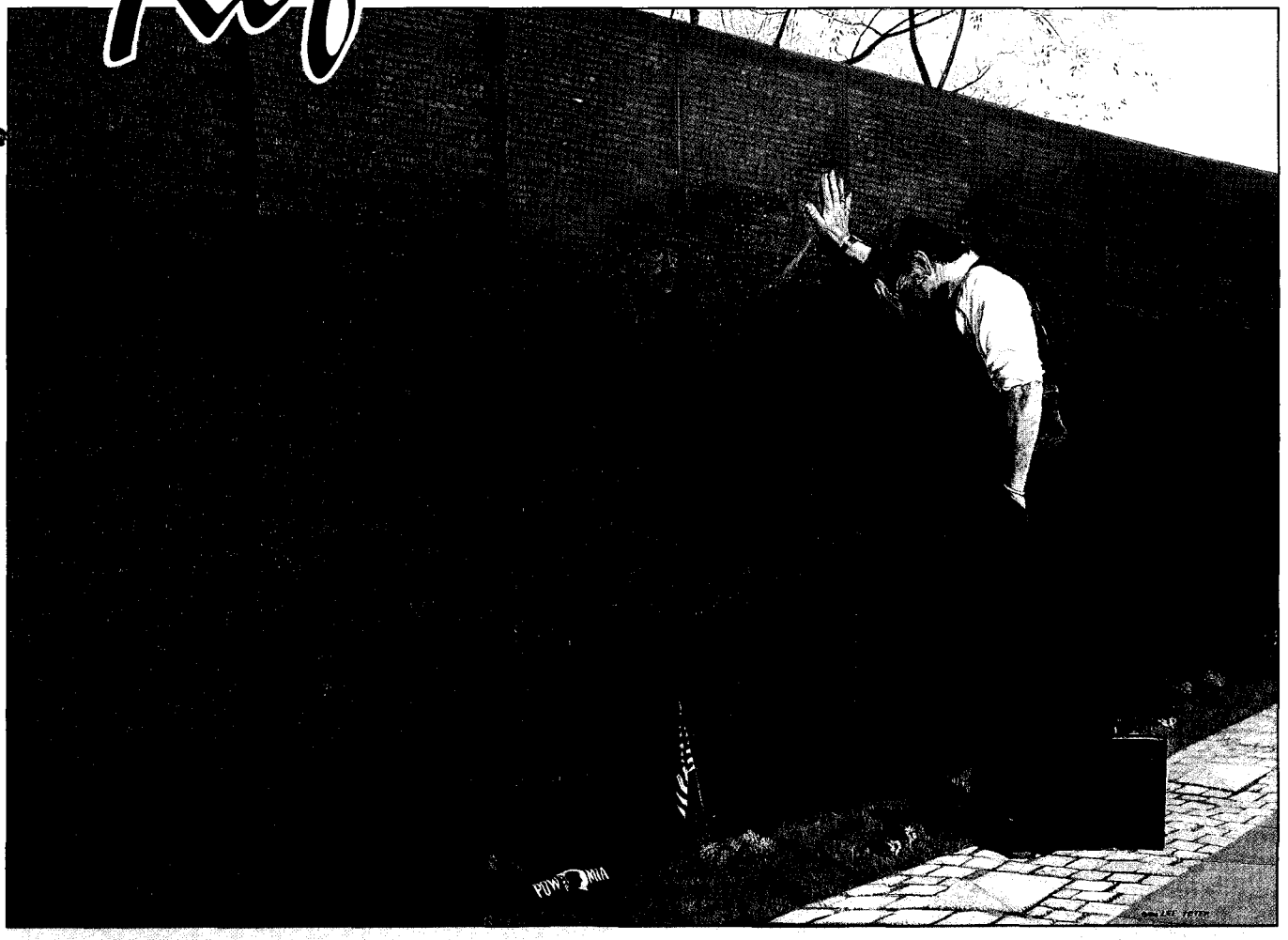
Reflections

by Lee Teter



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The Vietnam Veterans of America present the inspirational art print "Reflections" by Lee Teter which gives visual definition to the purpose and meaning that "The Wall" has for Americans – not just a list of faceless names, but a place to visit and remember people we love, who fought for each other and America.

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the nursing home because of bad media coverage. I would very often hear the comment made by the media that the federal government wanted to do everything they could to keep people from having to go to a nursing home.

So often I would see that people adjusted very well to new living arrangements, and, as you said in your article, they were happy to be around others with similar needs and problems. Living at home is not always the happiest or best solution for everyone.

People need to remember that our older parents also have older children who very often need nursing care.

Doris Everett
Many, Louisana

John Falter—When

Thank you for reprinting some of the old *Post* covers. The May/June 1991 issue showed some of those done by artist John Falter that are very special to many of us.

A copy of one of John's covers depicting a snowy Christmas scene of the main street of Falls City, Nebraska, hangs in my den. The street is parked full of 1920-vintage cars. Christmas trees stand in front of each store, one of which is Falter's—a men's clothing store owned at that time by John's father. (The store is still there—now owned by another John Falter—the artist's cousin.)

As you noted in the article about John, he described his technique as beginning with the most distant object and traveling with his brush toward himself, filling in as he went. This is evident in this painting as I note the standpipe at the very top and how the scene moves south growing widest at the bottom. One of the postage stamps he designed is of a chautauqua tent, in front of which are parked horse-

drawn buggies, and there in the distance is that standpipe! (It is still standing there at the end of Stone Street.)

My husband and I grew up in Falls City, and along with other former and present residents, feel a great sense of pride when we see John's work. He graduated from high school there in 1928. He was president of his senior class and a cartoonist for the yearbook. According to the script of the senior class prophecy, an Indian chieftain said to John, "I see for you the life of an artist. I see books and magazines made beautiful by your pen." I have made copies of his work in the 1928 annual, it shows he was indeed a talent at the young age of 17.

John Falter—1928

I love the *SEP* and read every word. I find a gift subscription to be a most appreciated choice and have been thanked many times over for reintroducing your fine magazine.

Mrs. Ray Yoder
LaVerne, California

Giving Voice to School Choice

My wife and I feel we must reply to Tom Gibson's "Open Forum" article on school choice in your June 1991 issue. We can't believe that a new generation is bringing back that "old turkey" of selecting one's education.

We live in a real world out here; not all parents are capable of selecting which day to work, let alone which schools, teachers, and classes are the best. A generation coddled with luxuries, choice of summer schools, and which Nintendo game to buy might, of course, want to select their schools. What happens when the dear child enters the world of work with mommy and daddy not there and a world that doesn't give a darn about what he or she believes they want?

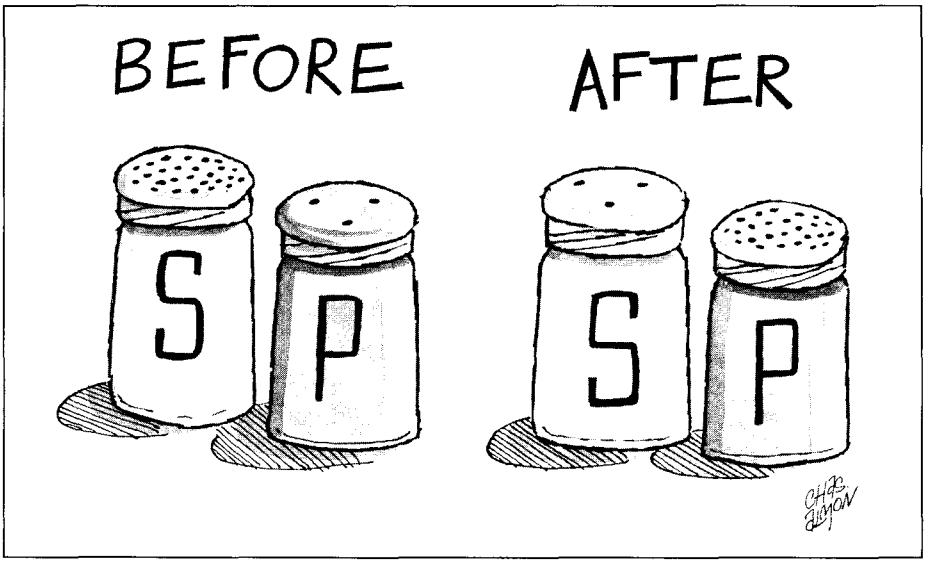
What is needed by those of us who have worked in the fields of health and education are indeed the year-round schools of other countries. Technical choices (or school) should be enlarged upon to meet those fields in society. We also need classes in critical thinking, holistic approaches to problems in society, living skills for the developmentally disabled and handicapped we find in a society adrift with drugs. We need challenges for the creative child and classes for those with that ability. We need money for schools to hire those with special teaching abilities and psychological evaluations.

Let's gear education to the world of 2000 as it is—not as we dream realistically!

Charles and Virginia Chandler
Tangent, Oregon

Spanish Tribute

I really enjoyed the article "Something New Under the Sun" about Seville. My grandson and his wife (both college graduates) went to Seville last spring to find out if it were possible for them to get teaching positions there. They now are



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back in New Orleans and have teaching contracts for the coming year. They have told me so much about Spain, and especially Seville, and brought home so very many pictures of it, that I wish I were able to go there for the Expo '92.

I have enjoyed your magazine for a good many years. Keep up the good work.

Olivia Wiese
Davenport, Iowa

No Cheers for Danson

I was puzzled to find Ted Danson the subject of your April 1991 cover with the caption "Family Man." A family man in my mind stands for family values. I got the impression from the few episodes that I saw that Danson's character couldn't wait to get some woman into his bed. Seemed quite far from the family values I would expect to see from a family man. These comedies that treat sex in such a manner do much to undermine our society.

In the future, I hope you will grace your cover with those who deserve the honor.

Dianne Hiteman-Kinzler
Jacksonville, Illinois

Get the Ball Rolling

I would like to organize a Saturday Evening Ball organization here in the United States Virgin Islands and involve our Governor and his office.

The dances I would like to reintroduce are the waltz, foxtrot, tango, lindy, etc. Please send me all of the information needed to be able to start the ball.

Virginia E. McLaughlin-Monsanto
St. Thomas, Virgin Islands

Texas Tempers the Bean

We're all pretty tough in Texas and been eatin' beans since we were "knee-high to sumthin."

Good luck to yo'all after eatin' them beans in the recipe in the May/June '91 issue. Even us good ole boys put a pinch of soda or boil 'em once before cookin' em. Otherwise our women folk won't let us in the house!

Dave 'Bubba' McDill
Beaumont, Texas

Treasure Maps

We have just received the July/August issue of the *Post* and are delighted once again to see the maps—"Where Do You Think You Are."

This is the first thing we look for in your magazine and one of the reasons we buy it. My son travels a lot and always finds this feature most interesting.

Mrs. John Anderson
Glenarm, Maryland

Expressing Your True Feelings

In the July/August '91 edition of the *SEP*, a question was raised about the proper word to be used. The title was "Grammar Lesson."

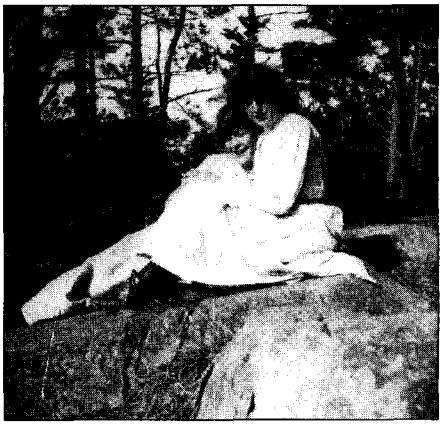
Recently, I composed a short piece of doggerel to explain for some friends the proper use of the adjective when telling how you feel. This is it:

"When you're asked just how you feel,
It's your health you should reveal.
You don't say you're feeling sadly
Why then say you're feeling badly?
When you feel and look so sad
You can say you're feeling bad."

P.T. Manchester
Hermitage, Tennessee

Cover Girls

I have always enjoyed *The Saturday Evening Post,* but the July/August issue, featuring the "Hall of Fame," really gave me a thrill!



Sarah S. S. Weber and Ellen B. T. Pyle

The two young ladies pictured in this snapshot were students of Howard Pyle. They were very talented and their career prospects looked good. However, they were warned—"Do not get married!"

They did not heed the warning.

Anyway, Sarah on the left, had only one child (me). So she was able to continue her career. "Nellie," (as her friends all called her) had four children, so she had to set her career aside.

Thanks to the good judgment of *The Saturday Evening Post*—these two artists did very well. Sarah produced a number of *SEP* covers, starting before 1909, portraying small children. "Nellie," when her children were grown, resumed her career and produced covers well up into the 1930s.

Almost a 40-year span in all.

Jane Weber Winston
Norristown, Pennsylvania

"Some plants need more attention than others."

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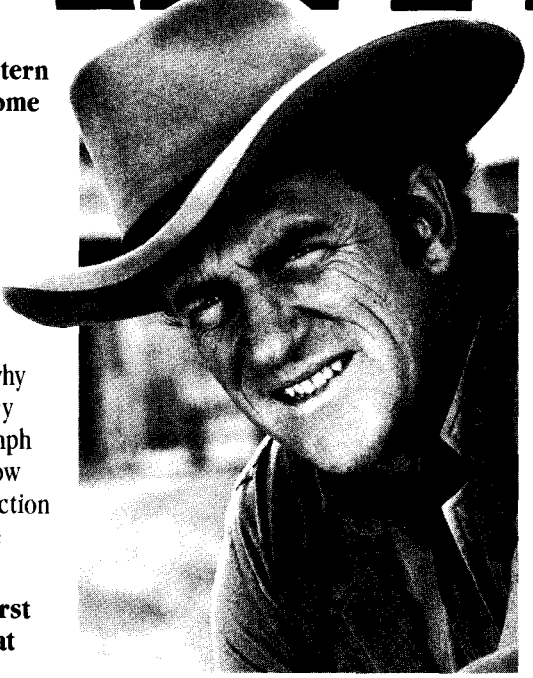
Come home to Dodge City's most beloved citizens: Milburn Stone as Doc Adams, Amanda Blake as Miss Kitty Russell, James Arness as Sheriff Matt Dillon and Dennis Weaver as Deputy Chester Goode.



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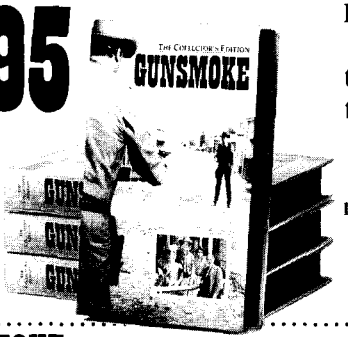

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Post People

Now that ***Carol Burnett*** has taken her talent from NBC to CBS, don't expect a return of the old "Carol Burnett Show," with Harvey Korman, Tim Conway, and Vicki Lawrence. The all-new hour show, to feature skits and songs, will have an all-new cast and a new title.

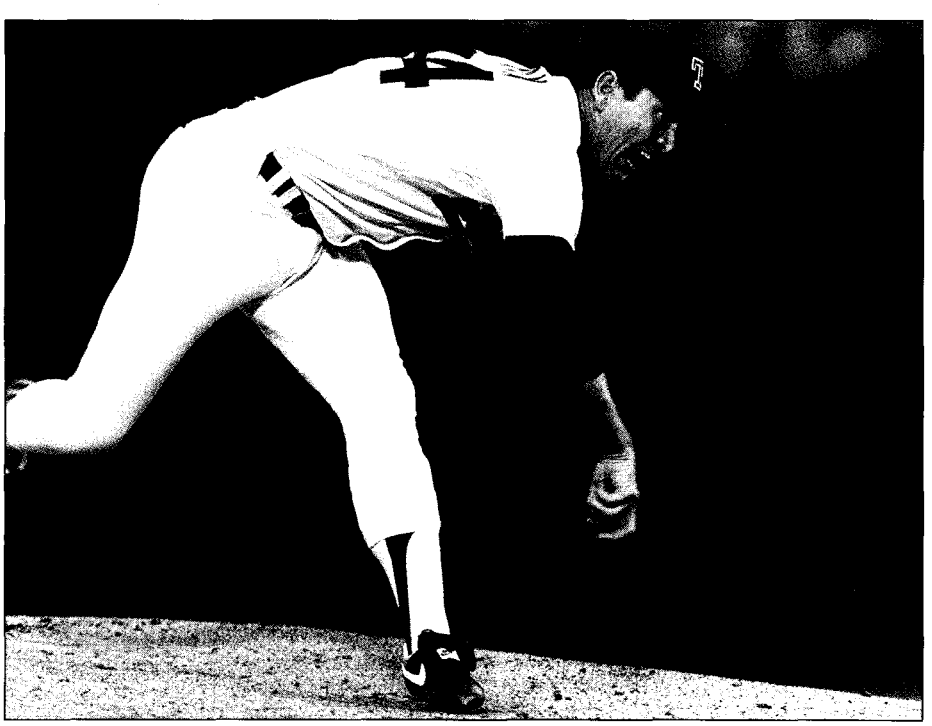
Nor should you expect this new show to open the fall season. The star is now off somewhere shooting an all-new movie, *Noises Off*. So we'll begin seeing the show sometime in mid season. Rumors have it that it will be well worth the wait.

One of the few new shows to survive its first year is CBS' "The Trials of Rosie O'Neill." And one of the reasons, of course, is "Rosie"—who is, of course, ***Sharon Gless***.

In making this CBS' highest-rated new drama (also voted best by the Viewers of Quality Television and Electronic Media's TV critics poll), Gless won a Golden Globe for her portrayal of a 40ish lawyer suffering through a divorce.

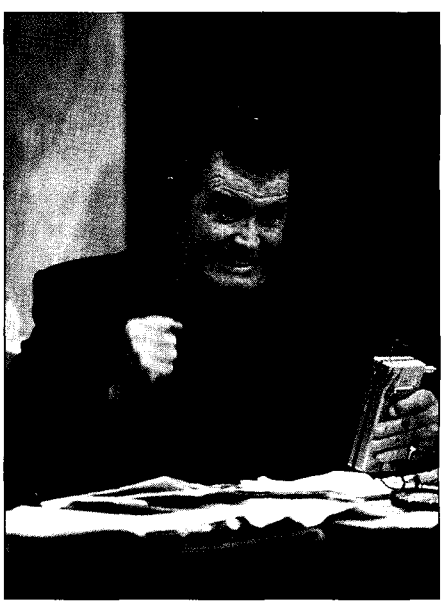
"This is a tougher show to do than 'Cagney and Lacey,' " she says, referring to the show in which she starred with Tyne Daly. "I'm in every scene, and we work very hard."

But then the 44-year-old actress confesses, "This is the happiest time of my life."



The cabinet drawer on "The Rockford Files" now closed, two-time Emmy winner ***James Garner*** has opened a new drawer marked "Man of the People." In this sitcom, Garner will star as Jim Doyle, a rough-edged con artist and racetrack aficionado who is named to fill a city council seat previously held by his late ex-wife.

Garner fans will vicariously join their hero as he champions the common man and, despite his political naivete, out-slicks the smug city slickers who think they can control him.



We hesitate to say that his first sitcom is certain to garner still more praise for this veteran actor, but what the heck—let's say it.

If it's true you are what you eat, you would expect ***Nolan Ryan*** to be eating fast foods. How else could this 44-year-old pitching star for the Texas Rangers recently pitch his seventh no-hitter?

Actually, Ryan doesn't eat junk food. "I pay close attention to my diet," he says. "I feel it's one of the factors that has lent to my longevity. I think everyone should be concerned with his diet. It plays a big role not only in the way you feel, but also—if you are participating in any kind of sport—in your energy level and your ability to recover from injuries."

It would also seem to help you in pitching no-hit ball games.

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IT'S ONLY ME

by Wen Smith

Illustrated by Don Trawin

The other night I was prowling around in the dark, and my wife shouted, "Who's there?" I answered, "It's only me."

"I'm disappointed," she said.

"Who were you expecting?"

"I'm disappointed again," she said. From her tone I immediately realized she objected to my usage, not to my prowling.

She thought I should have said *I* instead of *me* and *whom* instead of *who*. My wife is a very light sleeper, and a lot of her pillow talk has to do with whether I'm doing something right.

The trouble this time was a point of grammar that came into vogue about four score and a hundred years ago. At that time somebody observed that Latin, being the "language of scholars," would make a good model for English. Do as the Romans did—when they were alive.

Early grammarians in England and America thought modern English should be spoken as ancient Latin was. They said "It is *I*" is right and "It's *me*" is wrong. With Latin as a model, they preached that a sentence with *is* in the middle should be reversible. That is, "It is *me*" is wrong because "*Me* is it" is wrong. "It is *I*" is right because "*I* is it"—well, to understand their reasoning, you have to have been there.

The truth is, English isn't built on the Latin pattern. Ours is a word-order language. When we say, "Man bites dog," it's the man who does it and the dog that gets it. But when we say, "Dog bites man," it's the other way around. Not so in Latin. When a citizen of Rome wanted to show who did the biting, he'd put *-us* on the end of the word. To show who got it, he'd put *-um* on the end. In Latin it didn't matter which came first; what mattered was the word endings.

So when Marc Antony or Brutus or someone like that said, "Man*us* bitet dog*um*" it meant "Man bites dog." And when he said, "Dog*um* bitet man*us*," it still meant "Man bites dog." If the dog had bitten the man, it wouldn't have been news, and not even a soothsayer would have mentioned it.

Anyway, Latin wasn't the basis or model for English. And French wasn't either. French really was based on Latin, but that didn't mean that Louis XIV had to speak like Caesar. Louis said, "L'etat, c'est *moi*"—"The state, that's me." The French, even today, never say, "It is I."

In today's English you can do it Caesar's way or Louis XIV's. But it's more fun to forget the models. I don't worry about whether to say "It is *I*" or "It's *me*" unless the person I'm talking to will care. My wife doesn't really care. She just likes to have fun with me . . . about usage.

Somehow, "It's *me*" has the right ring to it. "It is *I*" sounds affected. As the 20th century slouches toward its grand finale, you can travel the CB circuits with truckers, have chow with American GI's, and even break bread with sensible English professors and never hear any of them say, "It is *I*."

Years ago the song went, "It's only me from over the sea, Barnacle Bill the Sailor." More than rhyme was involved. It just wouldn't sound right for a sailor to say, "It's only I." If today it were a wandering E.T. coming from outer space, he might sing "It's only *I* from up in the *sky*." It rhymes, but I wouldn't take him in.

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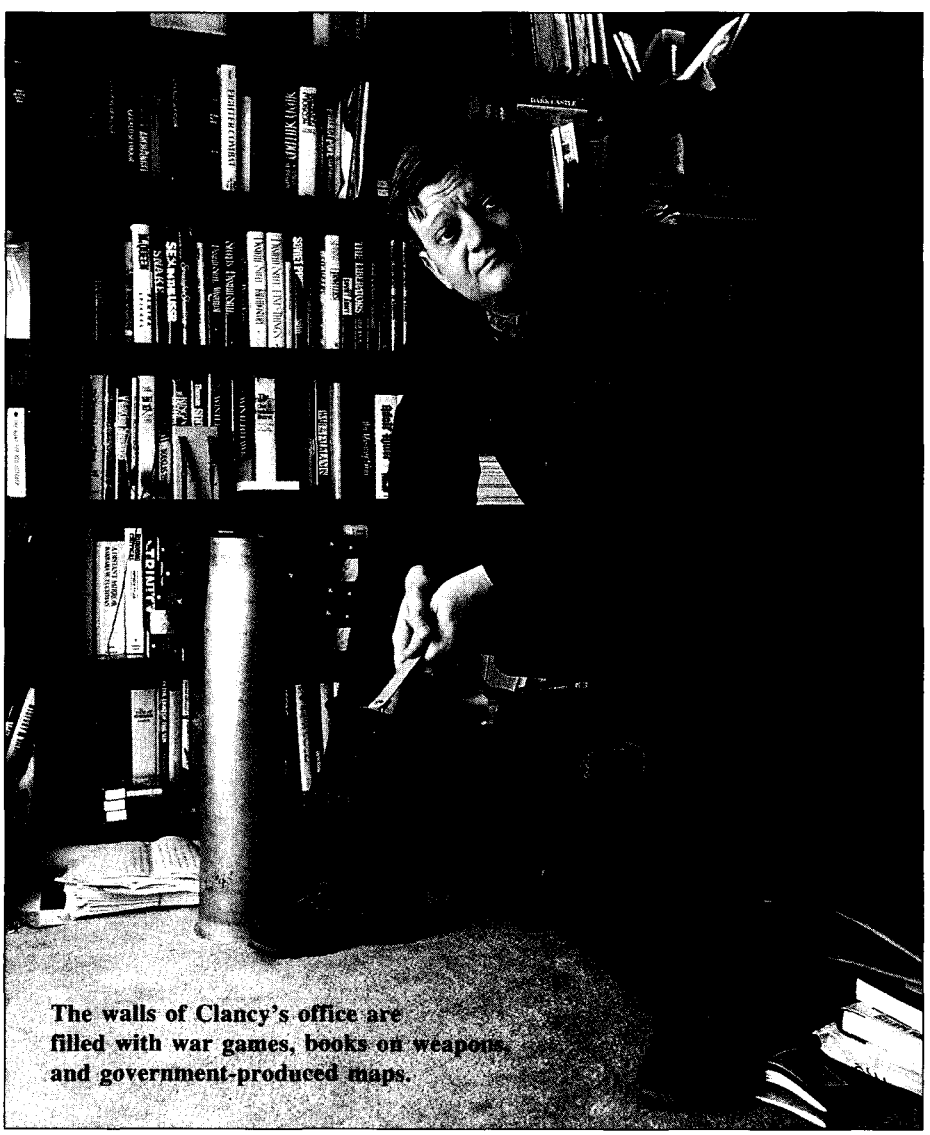
RED OCTOBER'S TOM CLANCY: AFTER THE HUNT

The "dumbfounded, amazed, thunderstruck" author is now basking in the millions he has earned from Hunt for Red October *and four succeeding bestsellers.*

by Christopher Phillips

Tom Clancy's "ultimate dream home" looms like a fortress against the azure sky, steep cliffs, and rocky beach along the Chesapeake Bay in Prince Frederick, Maryland.

It is a place befitting the 42-year-old super-novelist, whose five best-selling books—*Hunt for Red October, Patriot Games, Red Storm Rising, The Cardinal of the Kremlin,* and *Clear and Present Danger*—have sold well over 15 million copies. And it is a place where Clancy, the creator and undisputed master of the "techno-thriller" genre of novels, can bask in the millions he's earned so far, and live the proverbial good life with his wife and four children.



The walls of Clancy's office are filled with war games, books on weapons, and government-produced maps.

Clancy struts around his domain—a converted 80-acre boys' camp—with the smug satisfaction and contentment of a man who has finally found his own personal paradise. The author has achieved a novelist's nirvana, reaching the pinnacle of literary success and stardom. Clancy's *Clear and Present Danger* topped the bestseller lists virtually overnight with now over 28 million copies in print. His newest work, *The Sum of All Evil,* hit the bookstores in August of this year.

"Dumbfounded, amazed, thunderstruck," is how Clancy describes his feelings about his success. "I never expected any of this. I certainly never expected my first book, *Hunt for Red October*, to sell so well. But my wife did, once she read it."

But getting Wanda, his wife of 20 years, whom he met as a nursing student in Baltimore while he was an English major at Loyola College in Maryland, to read the book was quite a task in and of itself.

"I thought he was crazy when he started writing the book," Wanda admits. "Ever since I'd known Tom, he'd said he was going to write a book. But I always thought it would be 'one of these days.' I thought he was wasting his time. We'd just bought the insurance agency, and we had a big debt. Besides that, we had two children and a third on the way. I told Tom he should be out selling insurance and making money.

"I was really upset with him. But he'd work on his book in the office afternoons, and on weekends he'd bring the IBM Selectric typewriter home and set it up on the only table in the house. So on weekends, we ate on TV trays. This went on for five months. It was quite a disruption."

Though Clancy's quixotic quest to become an author created tension between them, they both stress it never threatened their marriage. When Clancy finally finished, he asked Wanda to read and critique it.

"I told him I didn't have time," Wanda says. "I was afraid I wouldn't like it. And then what do I say: 'You wasted six months. I don't like it. It's no good.' "

But her husband insisted. "He told me to lock myself in the bedroom and read the book, and he'd take care of the kids until I finished."

And Wanda finally relented. "I

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think he knew if I didn't like it, I'd tell him. And he wanted that."

It took Wanda three evenings to finish the unedited version. "I came out of the bedroom and said, 'Tom, this is pretty good.' And he said, 'Well, I'll be happy if it sells 5,000 copies.' And I said, 'It'll sell a lot more than that.' Because if I found it interesting—I usually don't like that type of book—I knew a lot of others would, too."

Wanda was right—400,000 hardback copies of *Red October* and more than 4 million in paperback have sold so far. And life for the Clancy clan hasn't been quite the same ever since. Still, Clancy seems surprisingly level-headed about his sudden ascension to literary superstardom.

"Well, the human is a fairly adaptable organism," he demurs.

Clancy may be able to maintain his equanimity about it, but his family doesn't understand the case as well.

"Our life has changed dramatically," says Wanda.

But as nice as it was to suddenly be swimming in money, she says, "There were some rough places. At first, we accepted every invitation that came along. But soon Tom learned he was not physically capable of doing everything that came in the door. So I sort of started dragging my feet and saying, 'I'm not going to this one. Someone needs to stay with the kids. They need to know we're still here.'

"And when I stopped going with him, Tom eventually realized that it was time to slow down."

Wanda admits their newfound wealth and fame has also changed their social relationships.

"I think there's a change in that people expect you to be different than what you are. People sort of expect Tom to be larger than life. They look at him and they see 'author.' "

"I think some people are not sure how to act," chimes in 16-year-old daughter Michele. "Some people expect you to be a snob or stuck up because your parents are really rich. It's annoying sometimes."

It didn't strike Clancy just what a literary bigwig he'd become until he was invited by then-President Reagan to dinner at the White House on March 13, 1985.

"Then it really hit me," Clancy says. "It was an awesome event, a singular experience. If you're raised Catholic, it's like going to see God—except the angels (Secret Service agents) carry guns."

Clancy notes that the fact he didn't become an 'overnight success' until he was in his mid 30s helped him keep it all in proper perspective.

"I would not want what happened to me to happen to my kids at age 20, like it did, say, to John McEnroe," Clancy says. "You wonder how he survived at all. Yeah, you're going to lose the bubble if that happens. But in my case, I was all grown up. My character was fully formed. And I didn't lose sight of the important things in life.

"Most important to me is my family. Period. If I'm not an effective husband and father, it doesn't matter what else I have. That seems a fairly pedestrian observation to me. I don't know why some people have trouble with it. Some things are timeless.

"The only thing you leave behind that really counts is your children. And if you're not competent to raise your children properly, you're a failure. Well, that's not going to happen to me."

Whenever Clancy seems on the verge of getting a swelled head from all the attention, his family makes a determined and united effort to deflate his ego in short order.

"Everybody else fills him up, so when he walks through the door you're ready to say, 'Put your head down so you don't hit the top,' " Wanda laughs. "He'd expect the same royal treatment at home he was getting from everybody else."

"He was spoiled," Michele says.

"But we wouldn't give in to him," Wanda says. "He gets the same treatment here he's always gotten. We refused to treat him any differently. I used to tell Tom that if his feet ever got too far off the ground, I'd bring him back down by giving him the baby and ordering him to change the diapers."

So far, Wanda hasn't had to resort to that. And while Clancy may get a trifle swell-headed at times, no one in the family wishes he was still selling insurance.

"I like our new lifestyle because I'm not tied down to working hours," says Wanda. "It's enabled me to get very involved in the children's school."

"I'm happy because Dad's happy," says Michele. "Writing is something he's always wanted to do. And he's enjoying himself, which a lot of people don't end up doing.

"I know he didn't really enjoy insurance. Because when he came home after work he'd be a real bear sometimes. He wasn't the easiest person to live with. He's easier to live with now if it's not close to a deadline. Then you want to keep your distance."

Clancy's last novel, *Clear and*

continued on page 33

Prior to writing the best-selling *Hunt for Red October*, Clancy's only literary effort was an article on the MX missile published in a naval journal. The movie, starring Sean Connery (above), set box-office records of its own.

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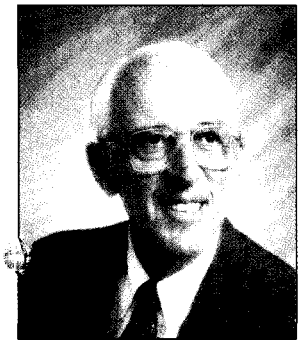
WHAT WILL HEAVEN BE LIKE?



Recent polls indicate that approximately 75 percent of the American people believe in heaven. However, even many people who are Christians know very little about heaven. Jack Hartman has spent hundreds of hours searching the Scriptures to write the book, *What Will Heaven Be Like?* This book is solidly anchored in the Word of God, containing 214 Scripture references. Several questions similar to the following are answered:

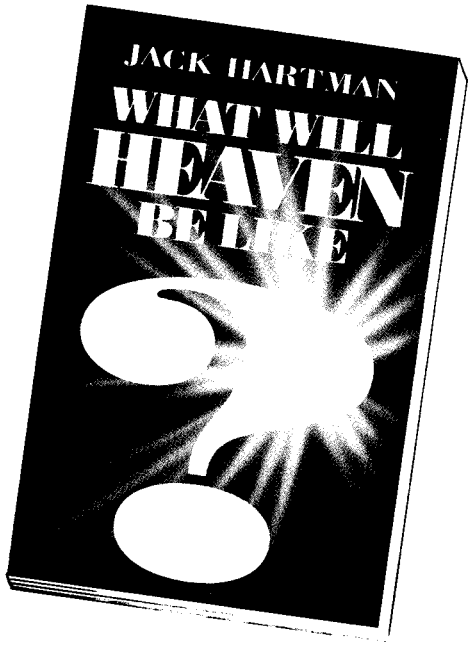
1. Upon what Scriptural basis does the author conclude that angels will carry Christians to heaven immediately after death?
2. When we stand before the throne of God and actually see God's glory with our own eyes, what will we see? How will we react?
3. How soon after we die will we be reunited with Christian loved ones who preceded us to heaven? What will this reunion be like?
4. Will men and women who have lost young children to premature or childhood death be able to see these children in heaven?
5. Will women who had abortions be able to see their children in heaven?
6. Why will our relationship with other people in heaven be completely open and loving? How can we be certain that all self-centeredness from earth won't accompany us to heaven?
7. The holy city of New Jerusalem is more beautiful than we can possibly comprehend. To what did the Apostle Paul compare its beauty?
8. On what factual basis does the author conclude that the heavenly city of New Jerusalem is at least 700 times as large as the United States of America?
9. If we go to heaven immediately after we die but don't receive our glorified bodies until Jesus comes again, how will we be able to recognize one another in the interim?
10. All Christians will appear before the Judgment Seat of Christ. How will the Lord measure and evaluate our service for Him while we were on earth?
11. The Word of God speaks about receiving heavenly rewards. What do we know about these rewards?
12. What about people who never heard the gospel of eternal salvation through Jesus Christ? Will they be able to live eternally in heaven?
13. Will people get married in heaven? What will our heavenly relationship be with our spouses on earth?
14. How will people from different countries who spoke different languages on earth be able to understand each other in heaven?
15. Will we eat food in heaven? If so, what kind of food will we eat?
16. What will our clothing look like in heaven?
17. Will we travel from place to place in heaven? If so, how?

This book is written in a simple, effective, conversational style. There is no complex theological language. You'll be greatly encouraged as you read this informative and uplifting book.

What Will Heaven Be Like? is also an effective evangelistic tool. Two chapters near the end of the book clearly explain what salvation is...why we must be sure we've become saved...where we'll live eternally if Jesus is our Savior...and where we'll live eternally if He isn't.

The book concludes with 38 specific Scripture references which will help you know how to best prepare for heaven during the remainder of your life.

This book is unconditionally guaranteed. If you are not completely satisfied, your full purchase price plus the postage and handling charge will be returned to you immediately upon your request.



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"Jack Hartman has a unique way of sharing the truths of God's Word. His writings communicate the eternal principles of God in a simple, understandable, and profoundly illuminating way. I have gained much spiritual knowledge from meditating on Jack's writings during the past several years. Knowing him as I do, I can heartily testify that he lives what he writes."

Rev. David Alsobrook
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Brentwood, Tennessee

"The presence of the Lord is reflected in Jack Hartman's writings. Many publications come across my desk each week, but I have devoted more time to reading what God has given to Jack than perhaps any other author."

Rev. Don Gossett
Missionary, evangelist, author
Blaine, Washington

Jack Hartman is the author of the best-selling *Trust God For Your Finances* (more than 100,000 copies in print), *Deep Inner Peace*, and six other inspiring Christian books.

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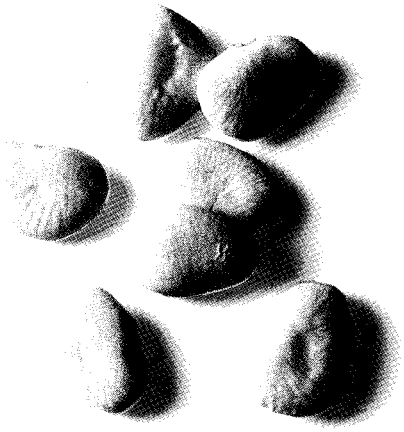
Airing The Gassy Foods Problem



Most of us don't know beans about why some foods cause gas. We're talking about whole grains, peas, cabbage, corn, beans of all kinds, of course, and many more foods that are not only good but good for you.

Research shows that these carbohydrates cause gas because they are not properly digested. When they reach the intestine undigested and come in contact with intestinal bacteria—bingo!—the discomfort of gas and bloating.

Before you consider solving that problem by avoiding gassy foods altogether, be reminded that beans, for one, not only are a good source of natural dietary fiber, but supply protein, vitamins, and minerals as well. Consider too

that a high complex-carbohydrate diet, which is low in fat and high in fiber, helps protect against cancer, diabetes, and even heart disease.

What a tragedy to deprive your body of these dietary and nutritional advantages because of the age-old problem of intestinal gas! What a blessed breakthrough it would be if something could take the wind out of the sails of beneficial beans and all the other gas-producing foods.

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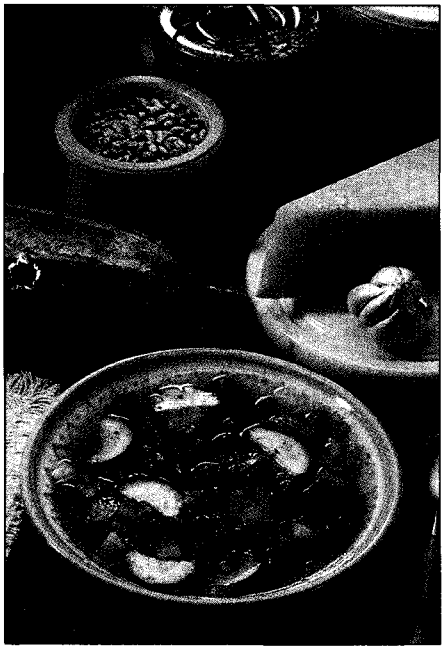

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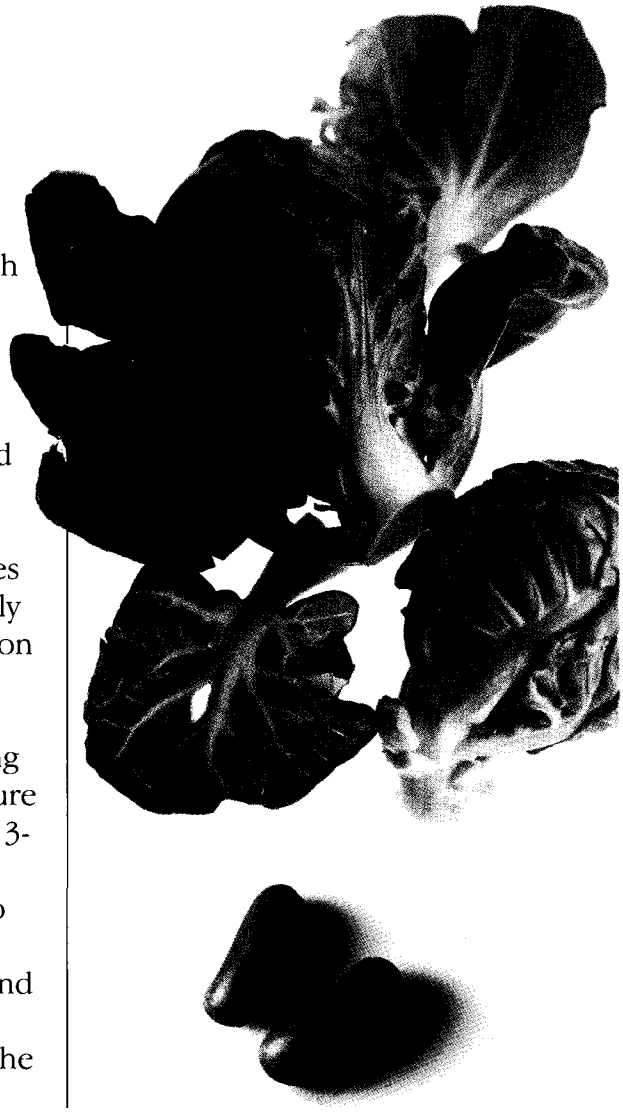

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EXPLORING THE WORLD OF SPICES

Columbus set sail to seek the spices of the Orient—he found instead a whole new world of seasonings.

by William Woys Weaver

At first, Christopher Columbus was puzzled. This was clearly not Japan. Nor were these people the gold-laden citizens of the Seven Cities of Atlantis. In fact, when they came down to the beach, they were puffing on dead leaves. The odd-looking welcome meal they prepared seemed likewise to be smoking. There was something in it called *aji* and it made Columbus and his men feel extremely hot. With smoke in their nostrils and fire in their bellies, no wonder these strange people went about stark naked. Was this Eden, or some offshore island of the fabled Cipangu?

Columbus, obsessed by his "enterprise of the Indies" and his goal of beating the Portuguese to the spice capitals of the Orient, never realized that the fiery pods in that Arawak stew would eventually alter the diet of all mankind. Neither Columbus nor his royal backers, least of all the gentle Arawak natives, ever suspected that this modest New World banquet and the grand quest for spices that led up to it would completely reset the course of human history.

Once rare and precious, spices remain prized commodities. Clockwise from top: allspice, paprika, cinnamon, nutmeg, fennel seed, star anise, mustard seed, cloves, coriander, and ginger.

Columbus would never have been there on that island in the 1490s had it not been for Bartholomeu Diaz, who in 1488 had discovered that Africa had a point at the bottom and that it was possible to sail around it. That revelation set in motion a rage of activity in which nearly every European nation engaged: the gold rush for Asian spices. To get to Asia, one needed maps, and to get maps, one needed to explore, thus the spice race and exploration went hand in hand. The reason for all of this could be calculated in royal ledger books: today in the Computer Age, oil is the lifeblood of the world's economy; in the Age of Columbus, that lifeblood was spices.

Since Roman times, Alexandria, Egypt had been the great spice emporium of the Western World. Cloves and nutmeg from the Molucca Islands, cubebs from Java and Panang, cinnamon from Ceylon, peppercorns from Malabar were all gathered by Chinese traders, exchanged for goods from the Indians, and then traded further along in their westward journey to the Arabs. Until late in the Middle Ages, the Arabs held a virtual monopoly on this spice exchange.

This long and tangled trade route, with many middlemen and markups along the way, ensured that the spices were extremely expensive when they finally reached Europe. Yet spices were considered vital necessities in the practice of medicine, in unguents and aphrodisiacs, in holy oils, and in the rituals and magic rites of many religions. There was also an appreciation of the role spices could play in food preservation, in retarding rancidity or the deterioration through oxidation, as, for example, the use of peppercorns to entirely coat hams and brined meats. And for the rich, there was obvious status in flavoring [illegible]'s food with exotic tastes and textures, as in the use of *comfits* or spices and seeds in cakes. Consider, too, medieval gingerbread cookies and their rich flavorings of ginger root, cinnamon, clove, mace, and cardamom. Or mincemeat pie, another medieval spiced dish that is still with us today, thanks to its long association with Christmas feasting. In short, all sorts of the body's demands, from health-giving elixirs to the simple pleasures

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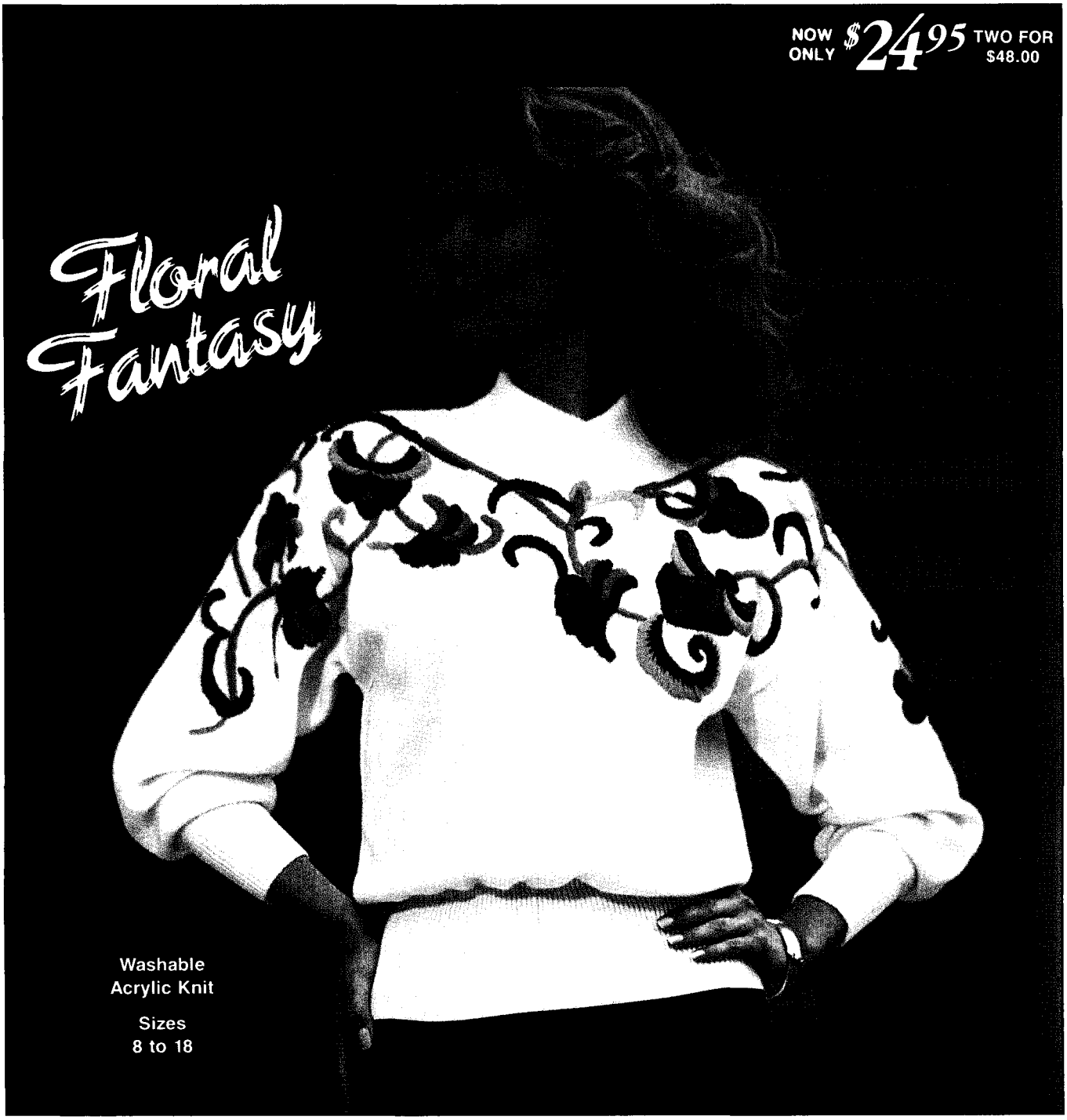

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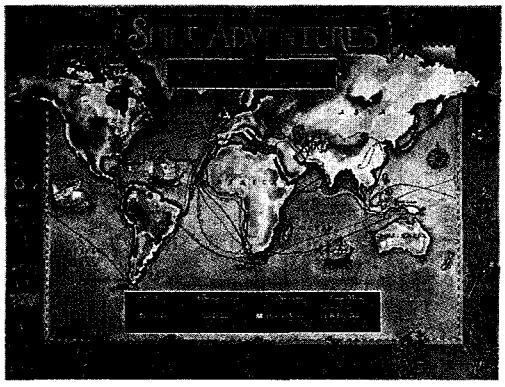
of eating, were in some manner connected with spices.

When the Byzantine Empire began to fade in the 10th century as Europe's middleman with the Arab spice traders, Venice quickly filled the vacuum. By the middle of the 1400s, Venice controlled all spice shipments out of Alexandria.

When Spain and Portugal broke free of Moorish rule in the 1400s, both kingdoms began looking for ways to breach the Venetian grip on spices. Europeans knew where the spices came from, and if there were a way around Venice and around the Arabs, there would be vast profits to be won; profits, as it later developed, that would run as high as 700 percent or even 1200 percent. Not a bad risk.

The opening of the New World brought with it an array of new taste sensations: sassafras, which Sir Francis Drake introduced to England in 1586; the tomato, which marries well with Old World nutmeg; vanilla; pineapple; chocolate, discovered by Cortez in Mexico in the 1520s; and, of course, the huge family of *capsicum* peppers, which Columbus introduced to Europe and which have in many cultures supplemented or even taken the place of black pepper (*piper nigrum*).



From Marco Polo's trek to Columbus' opening of the Americas, the great voyages of discovery were inspired by Europe's yen for spices.

The cookery of colonial America was much spicier than that of the Victorian Age. In the 19th century, hot, spicy food came to be equated with Third World shortcomings, lack of refinement, racial inferiority, and even laziness. Many faddist health movements, like those connected with phrenology and homeopathy, railed against spices as an inner road to moral and cultural decay. Today, we know that some spices, such as black pepper, actually aid in digestion, and a century of white gravies and overboiled vegetables has given American cooks a new reason to rediscover and experiment with the zestiness of the past.

* * *

Mahashi Kusa
(Syrian Stuffed Zucchini)
(Makes 6 servings)

1/2 pound extra lean ground beef
1 can (16 oz.) whole tomatoes, broken up
1/4 cup regular cooking rice (uncooked)
1/2 cup water
2 tablespoons onion flakes
1 1/4 teaspoons dill weed, divided
1 teaspoon salt (optional)
1/4 teaspoon mint flakes, crushed
1/16 teaspoon ground black pepper
6 large zucchini (3 pounds)
1 can (15 oz.) tomato sauce

In a large skillet brown beef, stirring to crumble; drain off drippings. Add tomatoes, rice, water, onion, 1 teaspoon of the dill, salt, mint, and black pepper. Bring to boil. Reduce heat and simmer, covered, until rice is tender, 15 to 20 minutes, stirring occasionally. Meanwhile trim off ends of zucchini; cut thin lengthwise slice from each zucchini. Preheat oven to 350° F. Scoop out centers to leave 1/4-inch shells. Fill shells with tomato-beef mixture. Place in a shallow casserole. Combine tomato sauce with remaining 1/4 teaspoon dill. Pour over zucchini. Bake, covered, until zucchini is tender, 40-45 minutes.

* * *

Spicy Thai Rice
(Makes 6 servings)

2 cups water
1 cup uncooked rice
1/4 cup chopped green onions
2 fresh red chilies, seeded and chopped
1 tablespoon snipped cilantro
1 tablespoon margarine
1 teaspoon minced fresh gingerroot
3/4 teaspoon salt (optional)
1/8 teaspoon ground tumeric
1-2 teaspoons fresh lime juice
Chopped roasted peanuts for garnish (optional)

◀ ***Syrian Stuffed Zucchini***

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Red pepper flakes for garnish (optional)

Combine water, rice, onions, chilies, cilantro, margarine, gingerroot, salt, and turmeric in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Lower heat to simmer; cover with tight-fitting lid. Cook 15-20 minutes or until rice is tender and liquid is absorbed. Stir in lime juice; fluff with fork. Garnish with peanuts and pepper flakes, if desired.

* * *

Barbadian Funji or Coo-Koo with Codfish Sauce

(Makes 4 to 6 servings)

Codfish Sauce:

1 pound dried salted codfish
2 tablespoons olive oil
1 cup thinly sliced onions
1 clove garlic, finely minced
1 No. 2 can tomatoes with juice
Freshly ground pepper to taste
1 teaspoon dried thyme
1/2 cup clam broth or water
1 small fresh or dried hot pepper (optional)

Funji:

1 1/2 pounds fresh whole baby okra or 2 10-ounce packages frozen okra
2 quarts water
1 tablespoon salt (optional)
1 cup fine yellow cornmeal

Soak cod in cold water to cover for 24 hours. Cut into 3 or 4 large pieces and place in skillet. Add cold water to cover and bring to boil. Simmer about 10 minutes, then drain and let cool. Remove any skin and bones and break cooked fish into slightly larger than bite-sized portions. Heat oil in saucepan and cook onion and garlic until onion is wilted. Add tomatoes, pepper, thyme, broth, and hot pepper. Add cod and simmer slowly for 30 minutes. If fresh okra is used, rinse in cold water. Cut each pod of okra, fresh or frozen, in half and place in kettle. Add 2 quarts of water and salt and bring to boil. Simmer until okra is tender. Drain okra, reserving both okra and cooking liquid. Add one quart of cooking liquid to saucepan and bring to fast boil. Gradually add cornmeal, stirring rapidly and continuously with wire whisk. When mixture is thickened and smooth, add okra. Continue cooking, stirring frequently, 15-20 minutes, adding more of reserved cooking liquid as necessary. When done, this will be thickened mush. It must not be soupy. Spoon the hot mush into hot buttered soup bowls and cover with codfish sauce.

* * *

Tortini Di Verdure
(Italian Vegetable Stew)

(Makes 6-8 servings)

1/4 cup instant minced onion
1/4 teaspoon instant minced garlic
2 3/4 cups water, divided
2 tablespoons olive oil
3 cups fresh tomatoes, in 1/2-inch cubes
2 teaspoons salt (optional)
2 teaspoons oregano leaves, crushed
1/4 teaspoon rosemary leaves, crushed
1/16 teaspoon ground black pepper
3 cups mixed bite-sized fresh vegetables such as zucchini, celery, carrots, green beans, mushrooms, etc.
1 can (19 ounces) cannellini (white kidney beans), drained
1 can (19 ounces) chick peas, drained
1 cup cooked tubettini (small tubular macaroni)

Combine onion and garlic with 1/4 cup of water, set aside for 10 minutes to soften. In large saucepan heat olive oil until hot. Add onion and garlic. Sauté for 2 minutes. Add tomatoes, salt, oregano, rosemary, black pepper, and remaining 2 1/2 cups water. Bring to boil. Reduce heat and simmer, covered, for 15 minutes. Add vegetables. Return to boil. Reduce heat and simmer, covered, stirring occasionally until vegetables are almost tender, about 8 minutes. Stir in cannellini, chick peas, and tubettini. Simmer, covered, until hot, about 2 minutes. Serve over steamed rice and sprinkled with grated Parmesan cheese, if desired.

* * *

Cazueia
(Chilean Chicken and Vegetable Stew)

(Makes about 6 cups)

3 pounds chicken parts
1 cup sliced celery
1/2 teaspoon whole black pepper
Water
1 pound potatoes, peeled and cut

continued on page 91

◀ *Italian Vegetable Stew*

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Ben Kinchlow and Madeline Balletta Have A Secret They Want To Share

They both travel extensively.
They both have major responsibilities and hectic schedules.
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They have a secret. . . a God-given food that is helping restore people to health. . .

Madeline's Story

For Madeline Balletta the discovery was made nearly nine years ago. She knew and believed that her body was fearfully and wonderfully made (Psalm 139:14), but something was wrong. There was fatigue — she was virtually bedridden and often too tired to speak. There were periods of loneliness, confusion, depression and debilitating pain. The initial diagnosis was Multiple Sclerosis; four years later other doctors diagnosed Chronic Fatigue Syndrome.

Then there was hope. A friend brought a natural food substance to Madeline's attention and things began to work together for good. Gradually, her health improved, the pain lessened and her strength was renewed.

When this same wonderful product was given to her son (who had suffered for years with chronic bronchial asthma), Madeline saw his condition improve dramatically. She then knew this was something that had to be shared — and with prayer and thanksgiving, Madeline started her own company to make **Bee-Alive** available to others.

Ben's Story

Ben Kinchlow, best known for his years as co-host of The 700 Club, met Madeline and was impressed by the vitality she radiates. He was introduced to **Bee-Alive** and hasn't stopped using it since.

Ben never had any major health problems, just his non-stop schedule and occasional nasal congestion. Since starting on **Bee-Alive**, the congestion has stopped but Ben certainly hasn't. These days he's busier than ever, and he says that **Bee-Alive** "...provides a definite lift". He has found that Bee-Alive "...enhances one's overall energy level and mental alertness and gives a general feeling of well-being". **Bee-Alive** even helps him overcome jet lag!

Your Story

Whether you're sick and tired of being sick and tired, or healthy and eager to stay that way, **Bee-Alive** is one secret you'll want to get in on. Maybe you are one of the millions who suffer from stress and its effects. Studies show that 80% of all illnesses are stress-related and that stress can weaken your body's own defenses, leaving you susceptible to colds, flus and infections. When you call 1-800-543-BEES, you'll speak with someone who is well-trained, well-informed, and willing to listen. Ben Kinchlow says our consultants are "...caring, concerned, helpful and efficient. They're prepared to go the extra mile."

Call 1-800-543-BEES toll-free. We'll listen; we'll care. We'll pray with you and give you encouraging words. And we'll tell you more about this wonderful secret.

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DUST MITES: SOMETHING TO SNEEZE AT

Although not quite visible to the naked eye, the mite is mighty in stirring up allergies and asthma attacks.

by Michael Allen

Illustrated by Don Trawin

If you think your modern, well-insulated house is a safe haven from all allergenic alarms, think again. That average, six-room, well-insulated house in a city or the suburbs accumulates on the average 40 pounds of dust a year. And that dust is home to millions of unseen but troublesome critters called dust mites.

"People aren't allergic to dust mites themselves," explains Rose Cardinal, director of program services at the Asthma and Allergy Foundation of America in Washington, D.C. "The problem is from inhaling the protein from the fecal pellets of the mites."

DAVID SCHARF

These are magnified particles of house dust on a flat surface. In bedrooms, scales from human skin feed dust mites, whose excreta are the most common allergen in house dust.

The waste particles (each mite produces about 20 a day) which Cardinal refers to not only are the main substance to which allergic people react, but in a high concentration during childhood can even be responsible for the onset of asthma. And those waste particles continue to cause allergic symptoms even after the mite that produced them has expired.

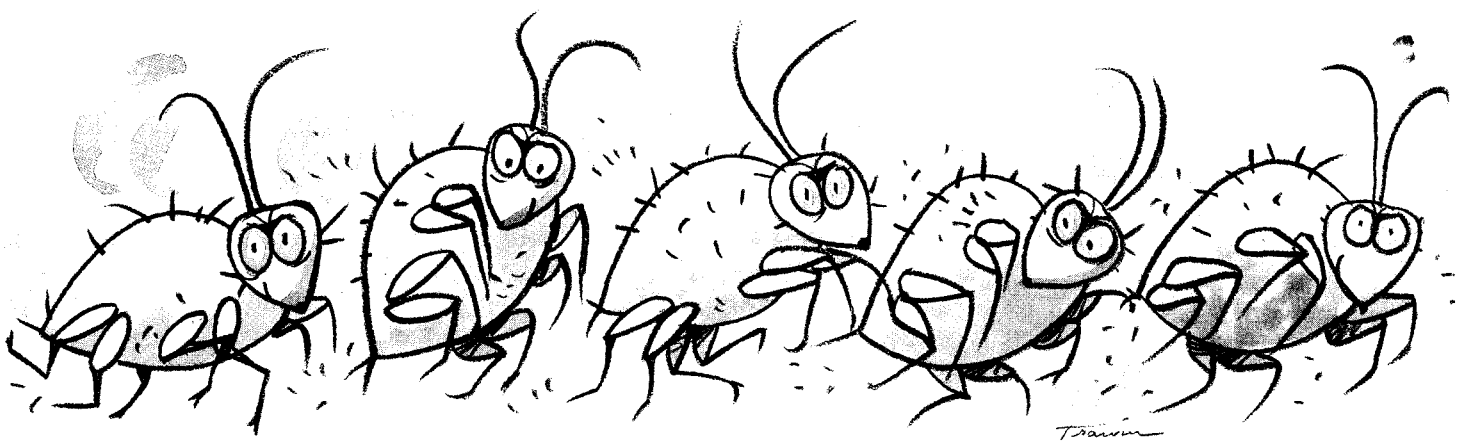
Although dust mites die by the millions each day, they are by no means an endangered species. Female mites make sure of this by laying 25 to 50 eggs before passing on, which insures that there will be many generations to come.

If these bothersome arthropods would only manifest themselves like the mosquito or the horse fly, you could swat them and be done with it. But these sightless, eight-legged cousins to the spider and the tick are less than one-half millimeter long—not quite visible to the naked eye. However, even if the homeowner could see them, mites play it safe by sneaking around in the warm, humid environments of bedding, carpeting, and stuffed furniture.

And what do these dust mites find to dine on in bedding, carpeting, and stuffed furniture? Cracker crumbs? Pizza crust? In fact, their only entrée consists of flakes of skin that humans constantly shed.

You might also ask how anything so small can cause big trouble. But don't ask the 50 million people in the United States who suffer from allergies and asthma, because many of them have the dust mite to blame. How many is hard to determine. As Cardinal explains, "dust-mite allergies aren't always diagnosed because their symptoms are as minor as a sniffle."

A study in *The New England Journal of Medicine* indicates, however, that dust mites are nothing to sneeze



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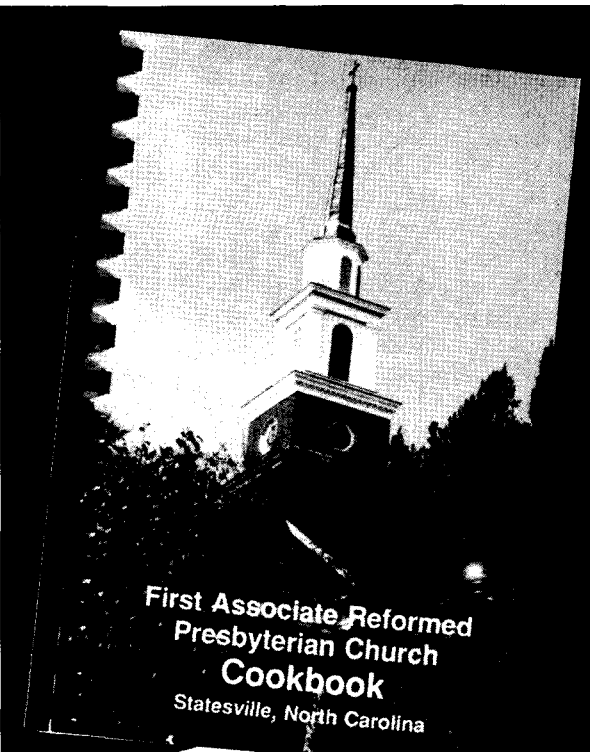

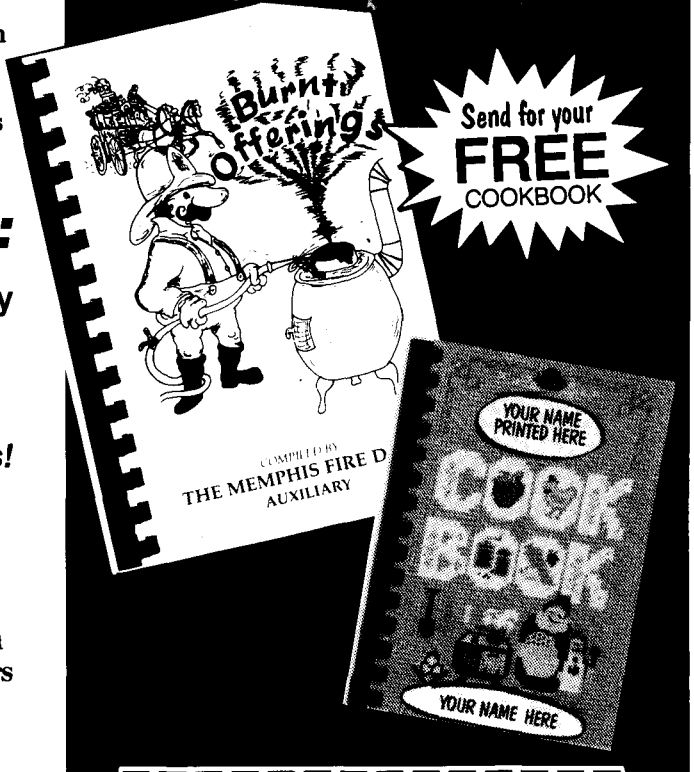

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at. Scientists at two British hospitals and at the University of Virginia studied 67 British children at age one and then at 11. These researchers found that one-year-old children whose homes had high levels of dust-mite allergens were almost five times more likely to develop asthma in early adolescence. The study also reinforced the belief that modern homes with wall-to-wall carpeting and better insulation are excellent environments for these invisible culprits.

Your final question may be: Short of keeping your skin from shedding and remembering not to breathe, how does an allergic or asthmatic person protect against these dust mite adversaries? The bad news is, getting rid of dust-mite infestations may require a tad of effort.

* When you clean, move all furniture to the center of the room so you can reach the corners, and with a damp cloth wipe moldings, light fixtures, shelves, and door and window tops.

The bedroom in particular, where people spend at least one-third or more of each 24 hours, should be kept scrupulously clean with frequent washing of floors, walls, ceilings, and bedsprings. If the sufferer is a child, send him out to play before throwing open the window and sending the dust you raise on its merry way.

* Encase pillows, mattresses, and box springs (which don't need washing) in zippered vinyl covers that are machine washable in hot water.

* Install room air filters, which can circulate and clean up to 300 cubic feet of air per minute and effectively remove airborne dust particles. Inexpensive tabletop models generally prove ineffective.

* Clean wood or linoleum floors daily with a specially treated dust cloth and mop cover.

* Spray an allergy-control solution on carpets and upholstered furniture to deactivate the allergy-causing substance produced by dust mites, changing it to a form that no longer causes allergy.

* Use a disposable 3M Dust Mask for preventing the inhalation of these dust particles while removing them from the home.

* Cover hot-air vents with filters, or close the vents and heat with electric radiators.

* Try leaving an electric blanket turned on high during the day to dry the humidity and kill the dust mites in the mattress.

* With a humidity gauge, monitor your home environment for the low humidity necessary to inhibit dust-mite growth.

* Keep all clothing in closets with doors that shut.

* Use window shades and venetian blinds in place of heavy curtains. If curtains are used, launder them frequently.

* Use plain wood or leather instead of upholstered furniture.

* Wash blankets in hot water every two weeks. Avoid blankets made of wool or down.

* Don't use dusters, mops, or brooms—these utensils merely rearrange the dust. And most conventional air bag-equipped vacuum cleaners work against you. They vent dust out the exhaust hatch and into the air again. A thimbleful of vacuum dirt was demonstrated to contain as many as 5,000,000 germs. (Which is not only a lot of germs but also a lot of counting.)

* Use the water trap vacuum. It collects the dust in water—where it stays. After trapping 99.997 percent of the house dust, clear air is circulated back into the atmosphere through the exhaust vent. As for the dust mites, they die by drowning, but you should feel little compassion for these wee creatures . . . as any allergy or asthma sufferer will tell you.

Allergists and dermatologists do skin tests to see if one is allergic to house dust mites. If changes in the home environment don't alleviate the problem, injections of dust mite extract preparations can help desensitize the patient.

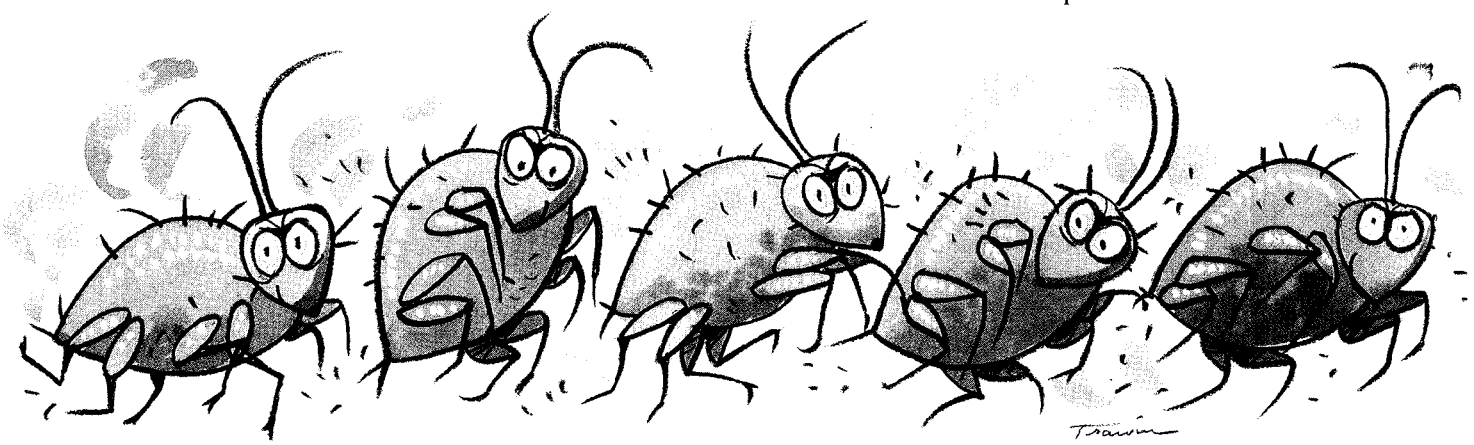
Danger Levels for Dust Mites

Two to ten micrograms of mite allergen per gram of dust may be enough to cause sensitization, according to allergy experts, and ten or more micrograms may be a risk factor for experiencing asthma symptoms.

To test for dust-mite levels, ALK Laboratories of Milford, Connecticut (1-800-325-7354) offers a mite-sampling kit with a specially designed dust-collection device that attaches to your vacuum cleaner. The sample obtained is returned by mail to be analyzed for major mite and cat allergens. The analysis identifies specific mite species, information that may be helpful in treating the problem.

For more information, call the MITE line at Fison Pharmaceuticals in Rochester, N.Y. at 1-800-999-MITE, or contact the Asthma and Allergy Foundation at 1-800-7-ASTHMA.

Information about Rainbow cleaning systems that trap dust in water can be obtained at Rexair, Inc., 3221 W. Big Beaver, Troy, MI 48084. (1-800-944-2223)



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VICTOR BORGE VIDEOS

THE BEST OF BORGE

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Now the fabulous King of Musical Madness is on Home Video.
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More popular than ever, classy Victor Borge, the beloved "Great Dane", performs his unique brand of humor, coupled with the most delightful, enchanting piano solos, before a live audience. In the 45 minute show soprano Marylyn Mulvey, whose deadpan face, coupled with a brilliant voice, sets Borge up for one of the funniest routines ever created. You will have difficulty catching your breath as Borge works with a "stupid" page turner who happens to be his son Ron. Borge warns that he has four more children like that.

Legendary Comic Routines

The 90 minute show includes everything from the 45 minute show, plus an additional 45 minutes of comedy madness. Just when you thought you couldn't laugh any more, Borge teams with the very funny Sahan Arzruni in Borge's piano interpretation of the four-hand "2nd Rhapsody by Fliszt." Even the piano can't stay still. You won't believe your ears when you hear Victor perform all the vocal parts in his "Salieri Opera" based on the world's zaniest plot. His "Inflationary Language" brings the hilarity to an even higher level, which can only be topped by the one and only "Phonetic Punctuation" which Borge uses to close this laugh marathon.

"The Best of Borge" videos are guaranteed to be future collector's items. They are gems you will enjoy viewing again and again. Warning – you may have difficulty wiping the smiles off.

ABOUT THE ARTIST
Born into a musical family in Copenhagen, Victor Borge was hailed as a piano prodigy at age 8. He eventually gained fame for combining comedy with piano music. He holds the record for the most one-man shows on Broadway (849, in 1953), and has been knighted by the five Scandinavian countries.

"The Master Funnyman of the Age"
- TIME MAGAZINE

"He is One of the Funniest People in the World."
- L.A. TIMES

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BOOK REVIEW

NEVER TRUST A CALM DOG

More than 2,500 lighthearted, entertaining answers for everyday dilemmas, each one guaranteed to amuse as well as instruct.

by Maynard Good Stoddard

Never Trust a Calm Dog
by Tom Parker
Harper Perennial
255 pp., $8.95

Never Trust a Calm Dog is not a book you can't put down. It is, however, a book you'll pick up whenever you need an uplifting chuckle or a fascinating look at human nature as provided by the exhaustive research of author Tom Parker.

It's a book you can read in all directions—top to bottom, bottom to top, front to back, back to front. It's a book consisting of exactly 2,688 "rules of thumb," all concise, all selected to leave you nodding your head in agreement. They also may leave fellow writers grinding their collective teeth for not being the first to come up with the idea.

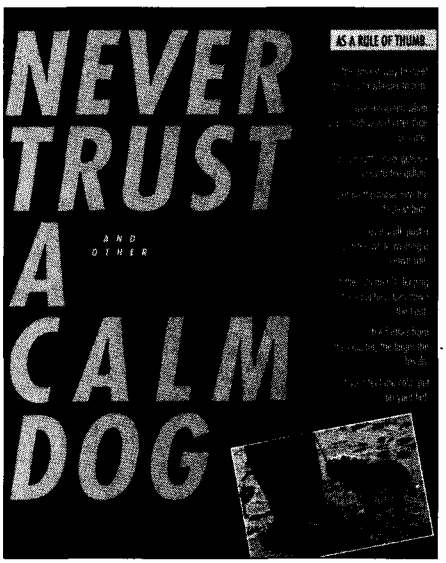
So what's a rule of thumb, you are asking. Who better than Mr. Parker to explain?

"Count the number of times a cricket chirps in 15 seconds, and add 37. No, you didn't just calculate your age in cricket years—you measured the temperature outdoors in degrees Fahrenheit. You just used a rule of thumb."

Want some more?

- Use sunscreen when your shadow is shorter than you are.
- An aircraft carrier gets six inches to the gallon.
- Never walk past a chimpanzee while wearing a clown suit.
- If cats aren't sleeping on radiators, turn down the heat.
- If your feet are cold, put on your hat.

A rule of thumb, as the author explains, is a "homemade recipe for making a guess, a mental tool that takes information you already have, and turns it into information you need."



Parker says that the people who make up rules of thumb rarely write them down. And that's where he comes in. He has spent nearly ten years putting together this amazing collection. It is not a book with charts and tables and lots of numbers.

"This is home-brew stuff," the author says. "This is the people's book of knowledge."

So . . . what's your pleasure? Computers . . . college . . . jobs . . . language . . . movies and films . . . marriage . . . driving? You'll find them all in the 144 categories this painstaking researcher has assembled.

Flipping through the above-listed groupings, we find under:

Computers: Every two years you can buy a computer that performs twice as well for half the price.

College: The most beautiful women at a college mixer are the ones at the entrance taking tickets.

Jobs: In the job market, any degree is worth three times any experience.

Language: The more languages you know, the easier it is for you to learn a new one.

Movies: As a rule, the more you liked the novel, the less you will like the movie that is made from it.

Marriage: When women marry, they think their husband will change. When men marry, they think their wife will never change. Both are wrong.

Driving: If the speed bumps are only a few inches in height, you'll feel them less if you speed up rather than slow down.

And so on.

In addition to the wit and wisdom virtually bursting the binding of *Never Trust a Calm Dog*, the book is also 3D. Flip to any page, mark the category—let's take "Restaurants"—turn the page, and at the same location, marked by an icon, you'll find Restaurants. By following the icon, you can zip through the book and read every rule referring to this category.

Let's flip a few pages, just for fun:

- The flashier the sign, the worse the food.
- A restaurant is safe to eat in if its bathrooms are clean.
- If your entrée is neat and square, it was frozen.
- If the price of the veal is equal to or only slightly above the price of the chicken, order the chicken.
- The best Chinese restaurants don't do takeout.
- If you're visiting a small town and must choose between a restaurant at street level and a restaurant one flight up, go to the one upstairs. The food will be better and the prices 15 to 20 percent less.
- A restaurant is never better than its bread.
- Pick the restaurant with the most cars in front of it.
- The quality of food at a restaurant is inversely proportional to the size of the pepper grinder.

But you get the idea.

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Author Parker rightfully boasts that *Never Trust a Calm Dog* is virtually three books in one: a book for browsers, a book for those who want to know everything about a subject, and a book for "holy-cripes-here-comes-a-polar-bear-now-what-do-I-do? (Dodge to the left. As a rule of thumb, most polar bears are right pawed.)"

If you already knew that, perhaps this book isn't for you. Otherwise, dive in and wise up, on surely the smartest conclusions ever drawn and collected between two covers.

Tom Clancy

Present Danger, is perhaps the most intricate and suspenseful yet constructed by the author. It's an election year and drug trafficking has become a political football. The president wants the public to know he means business, so he authorizes action against the "clear and present danger" of drugs that threatens society, directing the CIA to wage a real, but clandestine, "war on drugs" against Colombian drug lords.

Clancy had a personal motive for writing a book about drugs. "I've got four kids," he says. "I'm scared to death about them having to live in a world infested by drugs."

In his latest work, *The Sum of All Fears*, Clancy plays upon an imminently plausible scenario that could send the post-Cold-war world careening toward doom. The time is the near future. Another Mid-East conflict threatens to escalate into warfare and a plan evolves to end the region's perennial chaos once and for all. A global crisis unfolds, as Clancy propels the reader forward to the book's conclusion, once again confronting some of the political and technological issues facing our world.

The Clancys are currently settling into a new home—their dream home. "I'd always hoped and dreamed I'd have a place like this someday," says Clancy of his $2 million, 15,000-square-foot, contemporary castle, which is set on 80 sprawling acres of verdant, rolling hills and has, on a clear day, Maryland's pristine Eastern Shore as its breathtaking backdrop. "But I didn't really expect it."

"Then again," the former insurance salesman says with a grin, "you're talking to a man who dreams for a living."

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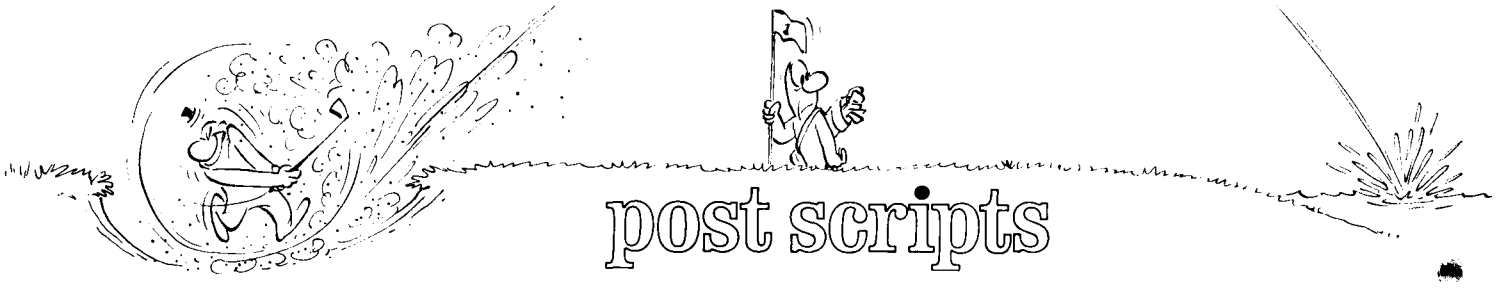


Dollars and Incensed

A sign by the entrance of a multi-million dollar amusement park: "All children must be accompanied by Money and Daddy."

—Thomas LaMance

War and Remembrance

Two rival authors met, one of whom had just published a book. The other was offering him congratulations. "I've just received your book and it was great. But tell me, who writes for you?"

Replied the first author: "Who read it to you?"

—Rose Sands

To the Point

Life is like a pencil: You can't make your mark until you get the lead out.

—Frank Walsh

Age Is No Object

An elderly gentleman complained to his doctor that he wasn't feeling well.

"I'm doing everything I can to help you," the doctor said. "You surely realize that I can't make you a young fellow again."

"I don't care about feeling young again," the man replied. "I just want to keep on getting older."

—Mrs. A. Mayer

Head Strong

Temper is what gets most of us into trouble. Pride is what keeps us there.

—B. Bader

Worth Remembering

They say, and I believe it's so,
Advice is very much like the snow:
The softer that it falls,
The deeper it will go.

—Lida Smith

Leader of the Pack

A senator, a clergyman, and a boy scout were passengers in a small plane that developed engine trouble.

"We'll have to bail out," the pilot announced. "Unfortunately, there are only three parachutes. I have a wife and seven small children. My family needs me. I'm taking one of the parachutes." And he jumped.

"I'm the smartest politician in the world," said the senator. "The country needs me. I'm taking one of the parachutes." And he jumped.

"I've had a good life," said the clergyman to the boy scout, "and yours is still ahead of you. You take the last parachute."

"Don't need to," shrugged the youth. "There are two parachutes left. The smartest politician in the world jumped with my knapsack."

—R. Alderfer

Green Light a Go-Go

If you think teenagers aren't interested in getting ahead, just watch them at a traffic light.

—Sam Ewing

Two of a Kind

A hard-working farmer stepped up to the ticket booth at the county fair and said to the lady, "My 14 kids here have been pestering me all week; they want to see the prize bull. Give me 14 children's tickets and one adult's."

The manager overheard the conversation, looked over, and said, "Sir, you may go in for free; I want the prize bull to see you."

—Taylor Reese

Special Valentines

Time to paint the den,
And though it might seem crude,
I'll skip a spot behind the couch
As I always do,

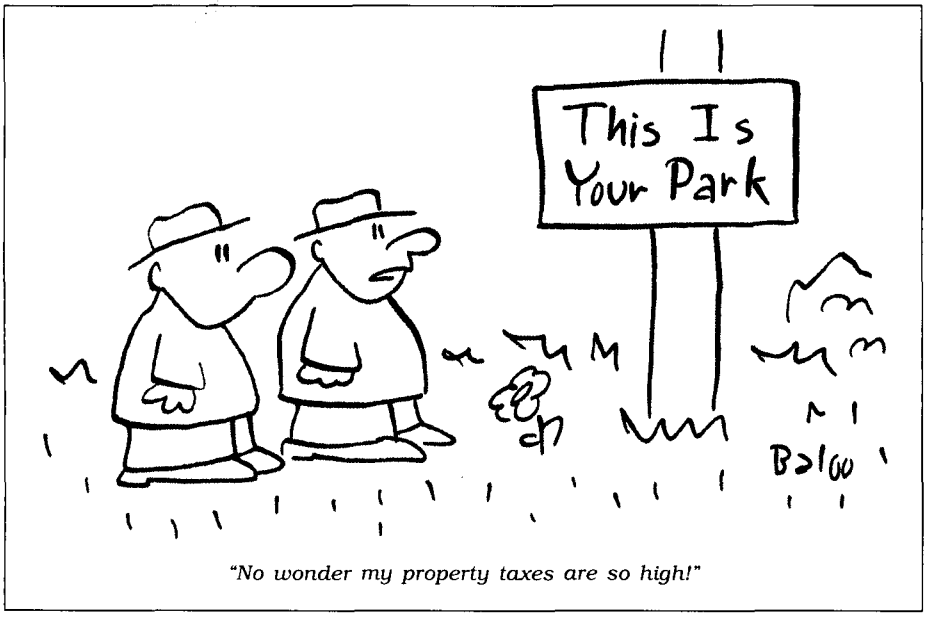
For it was decorated
With crayon valentines
Many years ago
By that youngest son of mine.

—Sue Rogers

King of the Road

My grandfather always said that there are two kinds of drivers: Those who drive as if they own the road, and those who drive as if they own the car.

—Mrs. K. W. Kenney



"No wonder my property taxes are so high!"

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Keep Looking Ahead

The trouble with retirement is that you miss looking forward to it.

—C.M. Ashby

Just Consider the Source

The best way to put up with a
put-down
Is to show no reaction;
Thus your antagonist
Will be stripped of satisfaction.

—Rose Korotkin

Eye for Details

Susie, my neighbor's five-year-old daughter, is a friendly and outgoing child who will smile and talk to anyone who strikes up a conversation with her. Concerned, her mother spoke to her about talking to people she didn't know and particularly cautioned her against accepting an automobile ride from a stranger. Susie listened intently, then asked, "What kind of car will the stranger be driving, mommy?"

—Evelyn Shann

Good Advice

The good old days
Forgotten and gone
When 'KEEP OFF THE GRASS!'
Referred to the lawn.

—Shelby Friedman

Free-for-All

The competitive spirit is still alive,
It's definitely not on the wane;
Watch customers in supermarkets
When they've opened a new
check-out lane.

—Olga McCoy

Up, Up, Up and Away

It's a small world until your hat blows off on a windy day.

—Arnot L. Sheppard, Jr.

When Assets Are Liabilities

The U.S.S.R. wants to join the world economy. To date, its chief export is people.

—Ron Zeh

The Value of Life

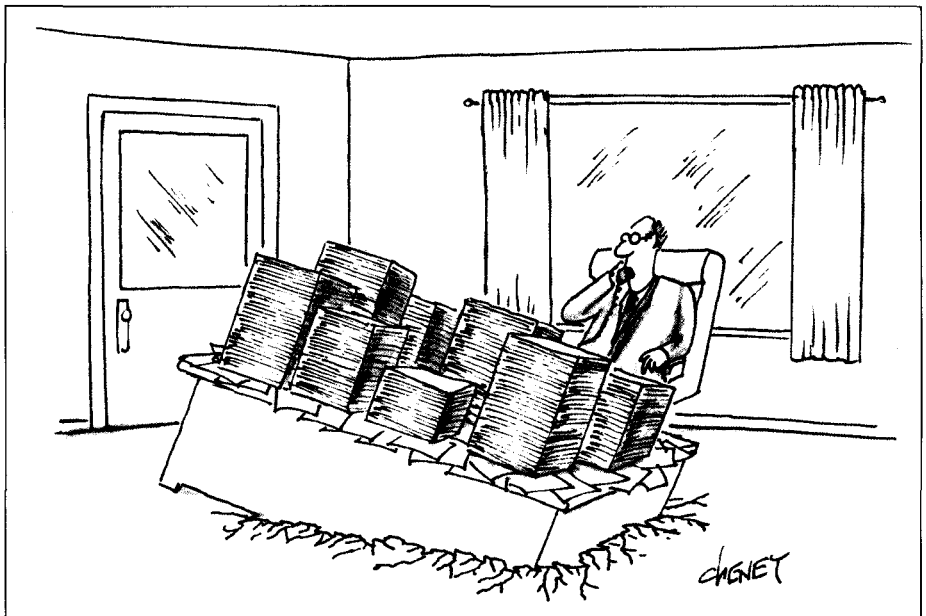
An artist asked the gallery owner if anyone had shown interest in his paintings.

"I've got good news and bad news," she answered. "The good news is a man wondered if your work would appreciate in value after you died. I assured him that it would, and he bought all your paintings."

"And the bad news?"

"The man was your doctor."

—Mary Umberson



"Miss Cooper, advise the floors below that the paperwork on my desk has reached critical mass."

Things Best Left Unsaid

He is the kind of a guy
Who always opens his yap,
And finds himself well caught
In his own mouth trap.

—Ward W. Engle

A House Is Not a Home

Married men have better halves but bachelors usually have better quarters.

—Mrs. H. W. Walker

Why Do They Call It Rush Hour?

"You get 30 miles to the gallon,"
I can still hear the salesman repeat.
But in early morning traffic,
I get about 30 feet.

—Kenny Manges

Communication Gap

"Let's eat out," my husband said,
So I dressed up fit to kill—
Which I almost did when I
glanced outside
And saw him firing up the grill!

—Berniece B. Phillips

Thanks, But No Thanks

The fellow was making a play for the girl, but she didn't appear to be quite as interested. "What's your number," he said to her as they got ready to part. "I'll give you a ring."

"It's in the phone book."

"O.K.—now what's your name?"

"It's there, too."

—Harold Helfer

Fair Deal/Square Deal

A good marriage is like a good trade: Each thinks he got the better deal.

—Ivern Ball

Time

Historians treasure it,
Joggers measure it.

Vacationers fill it,
Lawyers bill it.

Doctors prescribe it,
Travelers describe it.

Managers manage it,
Supervisors arrange it.

Astronauts discount it,
Seekers surmount it.

Executives squeeze it,
I just wanna' freeze it.

—Meenal Pandya

Our Lot

We live in an affluent country where we don't worry about money, we worry about credit.

—Gil Stern

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Dr. Joseph Kahn, Ph.D., P.T., of New York, a leading physiotherapist and author of the well known textbook "Principles and Practice of Electrotherapy," reports that one hundred percent of his patients that used AURUM - THE GOLD LOTION received relief from their pain and/or inflammation. Dr. Kahn said, "AURUM - THE GOLD LOTION is a significant breakthrough in the treatment of all types of arthritis."

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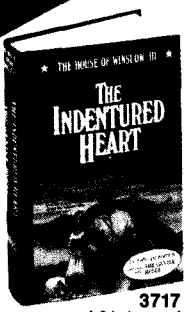

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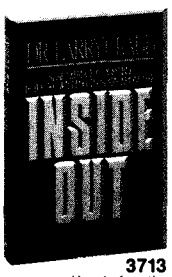

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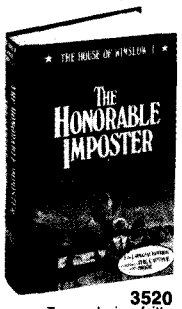

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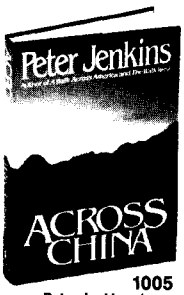

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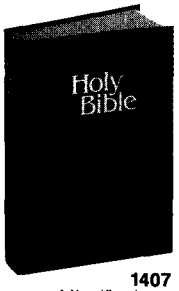

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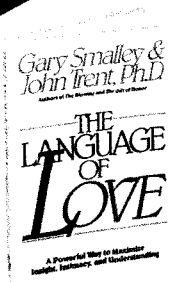

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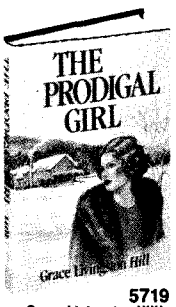

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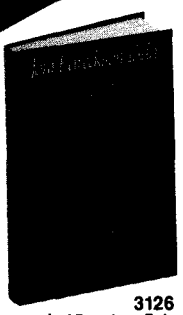

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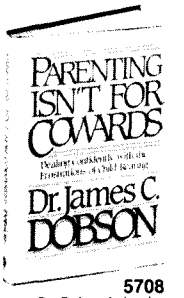

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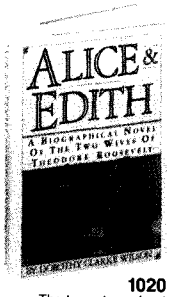

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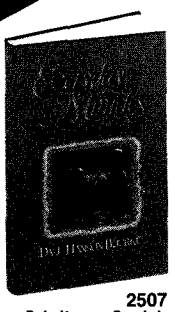

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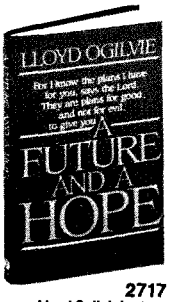

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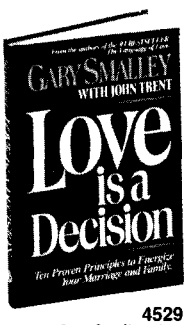

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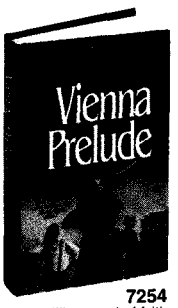

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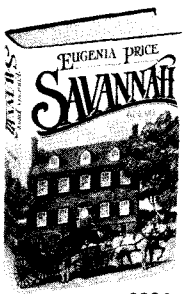

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KEVIN COSTNER: A MODEST SUPERSTAR

Though he looks and performs like he was born to dazzle, this family-oriented hunk has always thought of himself as a regular guy.

by Bart Mills

Kevin Costner is the superstar next door, the ordinary guy who made good but stayed the same. He's the Jimmy Stewart of our era. If Mr. Smith went to Washington and stayed honest, Mr. Costner went to Hollywood and stayed humble.

The director-star of the much-honored *Dances with Wolves* and the star of such other hits as *The Untouchables*, *No Way Out*, *Bull Durham*, and *Field of Dreams*, Costner remains a dedicated family man, loyal to his friends, and unbending in his integrity. Only this year have the demands of his growing household caused him to move out of the modest house the family had lived in since the days when he was unknown. When they moved, the Costners chose a nearby neighborhood with sidewalks instead of retreating to a castle behind an electrified fence.

"I'm not impressed by all this," he says, indicating the luxury of the personal motor home where a star rests between takes of a film. "I always figured I was something special—the way everybody is something special." The six-foot Costner, 36, looks and performs like he was born to dazzle, yet he's always thought of himself as a regular guy. He may be the star of *Robin Hood: Prince of Thieves*, and thus Sherwood Forest's hunkiest green-garbed guy, but he insists, "I never thought I was sexy, and I don't believe it now."

Kevin Costner's starring role in *Robin Hood: Prince of Thieves* put another feather in the straight-shooting actor's cap, plus a reported $8 million in his pocket.

Costner takes pride in the rebuffs he weathered in the long years he spent waiting in the wings for his break. He recalls one unintentionally withering comment from a casting director. "She looked me in the eye and said, 'Well, what we're really looking for here is someone handsome.' What she said was hurtful. She was wrong to say it. But I would have been wrong to believe it." Costner didn't believe the hurtful put-downs he received on the way up, and he doesn't take any stock in the praise he gets now. Characteristically, he confronts the question directly: "How about you?" he asks. "I don't know how you feel about yourself, but I think that if you and I walked into a bar right now, and I hadn't just been in these movies, between us we wouldn't draw three looks."

In Hollywood there are plenty of turns off the straight and narrow, but Costner isn't the kind of man who zooms out happily into the fast lane. He knows he's better off sticking close to home. He has been married since 1978 to Cindy Costner, a one-time airline marketing executive who also has an architecture degree. The Costners and their three children (Annie, 6, Lilly, 4, and Joe, 3) make it a point to remain together even when the man of the house is off shooting a movie in South Dakota (*Dances with Wolves*) or England (*Robin Hood*).

Playing straight-shooting Eliot Ness in *The Untouchables*, Costner was given corny lines like "Let's do some good" and "It's nice to be married." *Untouchables* director Brian DePalma said of Costner, "He can take those old Western lawman lines and make them real."

Costner does truly believe it's nice to be married, but he's aware of the added risk to marriage that stardom

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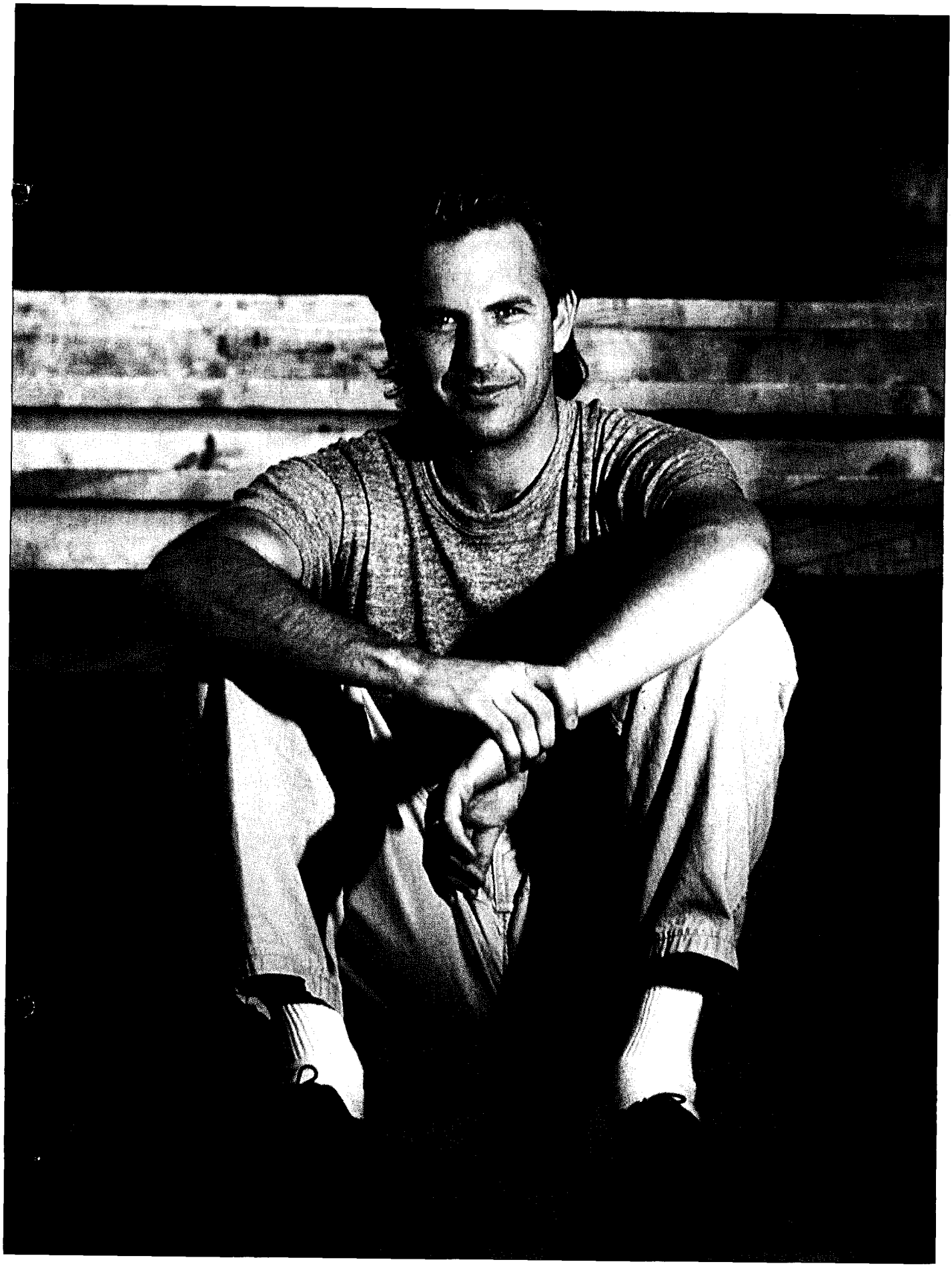

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presents. "If the adulation you get from being in successful movies is your reason for living, you won't ever be satisfied. Cindy was there in the beginning. If I can hold my marriage together throughout my career, that will be an accomplishment that will be worthwhile."

And the temptation to walk into bars to see if he gets more than three looks? "That's not interesting to me. At the same time, if people have the perception of me that I have a perfect life, they'd be wrong. I do have a wonderful family, but not a perfect life. If I painted it that way, I'd be setting myself up for a fall, and I wouldn't be as smart as I think I am."

Costner started out in life with the smart idea of being a businessman. His grandparents had come west from Oklahoma during the Depression. His father worked for the electric company and moved his family from town to town. Costner grew up shy and short and didn't blossom until his years at California State University at Fullerton, where he studied marketing. He worked summers on fishing boats as a cook, relishing the solitariness of the job. On land, he hitchhiked vast distances.

After graduating from college, he went into sales but resolved to become an actor after a fateful meeting with Sir Richard Burton on an airplane. He simply approached the famous thespian seeking advice and somehow won Burton's attention for half an hour. "After that," Costner says, "I had a very clear idea of what I wanted to do. I told my wife that we were going to Hollywood and that if I had to get a job taking trash out it was going to be movie trash."

Costner talked himself into a low-level administrative job at a small non-union facility known as Raleigh Studios. "I had a big debate with myself over whether I should tell the studio that I was an actor," he remembers. "I was calling myself an actor, but I didn't have an agent and I'd never even interviewed for a professional acting job. In the end, I decided to do what the smart money said not to. Nobody wants to work with somebody who's wishing he was in front of the camera acting instead of behind it pushing. But I told them and they still hired me."

What goes around comes around. Costner recalls, "It's funny, but after I began to get acting work regularly, I kept running into guys on the production crews who I did favors for when I was at Raleigh. It didn't look like it at the time, but I knew I was going to be an actor."

It took three years of gofer work at Raleigh before Costner got his break: He was cast in *Frances* to play a small but important part in several scenes with the film's star, Jessica Lange. Costner played the scenes—and all but one of them ended up on the cutting room floor.

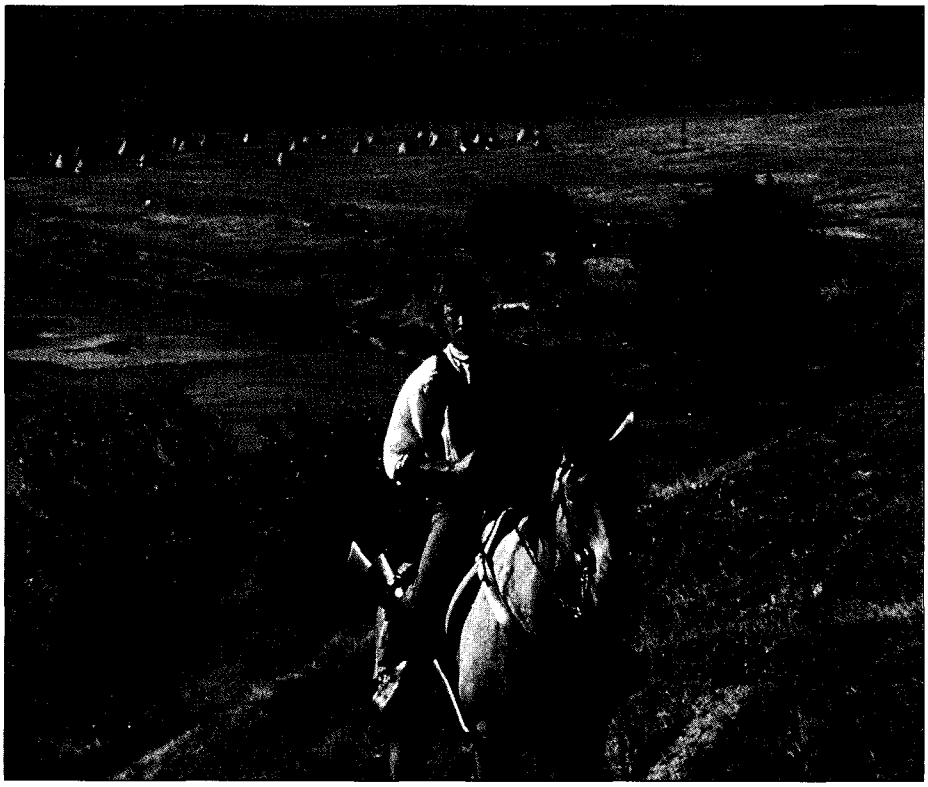
Soon afterward, it happened again. In *The Big Chill*, he played the suicide whose funeral draws the rest of the cast together. "I rehearsed for a month with the whole cast and shot for about a week. I knew when I was shooting it that if anything would be cut it would be my scenes." Sure enough, Costner's scenes were cut. He wasn't even glimpsed in a coffin.

Famous all over town as the actor who had never been seen, Costner eventually hit the screen several years later as the star of a pair of weakly-distributed films, *Fandango* and *American Flyers*. Then the director of *The Big Chill*, Lawrence Kasdan, remembered him when he came to make *Silverado*, and Costner finally seized his chance to find an audience.

All he needed was to point himself in the right direction. "A lot of people don't realize what they should be doing until late," Costner says. "As a kid, I used to play a baseball game and come home and write a poem about it, but I didn't realize which was more important to me. I'd go have a pizza with the guys and come home and write a short story.

"It took a while to discover what I was supposed to do. How do insurance salesman or biologists get the call? I thought I was supposed to be a businessman, but I realized I was wrong. I feel like King Arthur in *Camelot*: Even when things aren't going well, no matter what, he still knows he's done what he was supposed to do."

Playing the flashy young gunslinger in *Silverado* set Costner on course for major roles. First was *No Way Out*, portraying a U.S. naval officer who turned out to have another allegiance. There was something about Costner's reserve and quiet strength that transformed this fairly inexpensive thriller into a big hit. Then he was the perfect picture of square-jawed rectitude in *The Untouchables*. His two baseball movies followed, *Bull Durham* and *Field of Dreams*, each an unlikelier hit than the other. Last year's *Revenge* was his only flop, and it was forgot-



***Dances with Wolves*, the actor's three-hour Western magnum opus, danced off with the Oscar for best picture 1990 and into the annals of classic movies.**

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ten as soon as *Dances with Wolves* came out.

Costner managed to create this cowboys-and-Indians movie against all of Hollywood's expectations. In doing so, he fulfilled a pledge to the author of the original book that he'd made before anyone had ever heard the name Kevin Costner. When the film ran into budget difficulties during shooting, Costner had no qualms about plowing much of his salary back into the production so that he could make the movie he had envisaged. Then he had the self-confidence to release the film at a three-hour length, ignoring the conventional wisdom that audiences' attention span is too short. Costner's reward for his steadfastness was there on Oscar night for the world to see.

The story behind Costner's *Robin Hood* also illustrates his curiously straightforward way of doing business in Hollywood's labyrinth of selfishness. Last year in Hollywood, three Robin Hood scripts were chasing two actors, Costner and Mel Gibson. But Gibson was committed to making *Hamlet*, leaving Costner to choose one. "They all wanted me because I fit into a certain category, being a run-and-jump kinda guy," he says.

"I picked this one because the director (Kevin Reynolds) is a friend. It's a very good script, but I might not have done it without Kevin." Reynolds is a friend because he gave Costner a break casting him in *Fandango* in 1984. Costner does not forget a favor.

Thus he seems a perfect choice to play the archetypal hero of the common man, Robin Hood. "*Robin Hood* is a tired story in some ways," he says, "but it has themes that everyone responds to. The underdog. The man who fights the bully. You want to cheer for the guy. You have to believe a story like this is possible." Costner begs off analyzing the politics of taking from the rich and giving to the poor. He leaves it at this: "I don't think in deep terms. I just know what brings a smile to the face."

In this version of the old tale, Robin Hood's strongest sidekick is Azeem, a Moorish warrior played by Morgan Freeman. "It's important for me that Azeem steal the movie," says Costner paradoxically. He explains, "That's the way the script is designed. I like that theory of acting—that the leading actor should be considered the

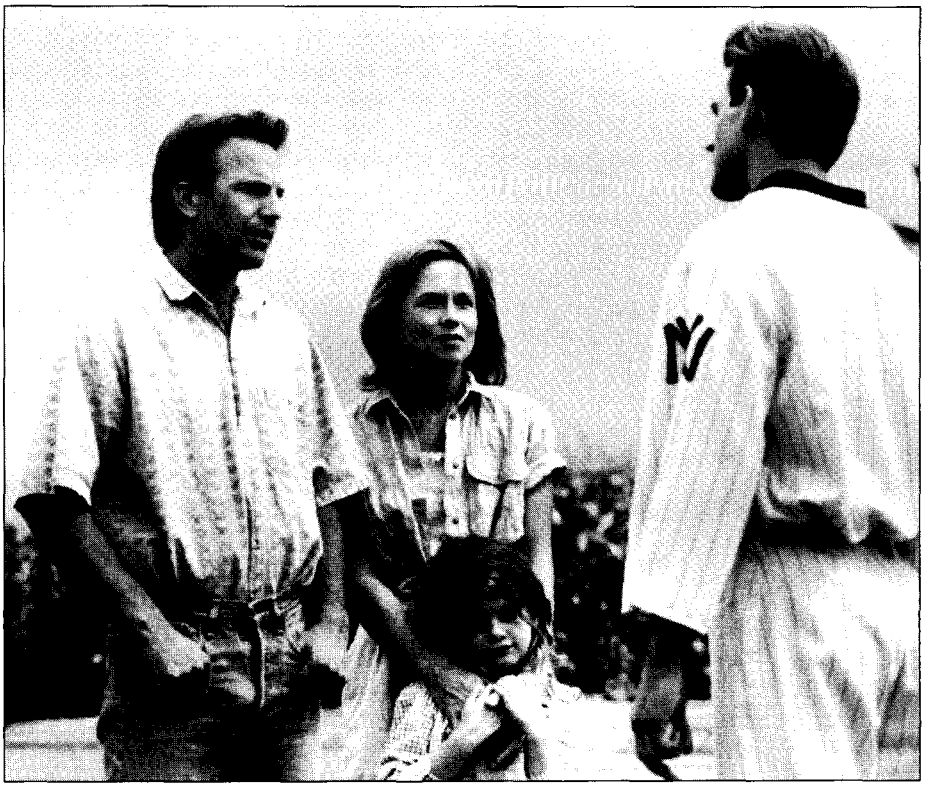
Costner met Cindy Silva at a college party and after graduation they married. "Cindy is beautiful," Kevin says, "but it was her kindness I loved."

support. You're there to support the rest of the cast. You can come in and squash their ideas—'This movie is called *Robin Hood*, man'—or you can embrace them."

Costner is the most good-humored and accessible of major stars. Onscreen he plays ordinary guys who survive amazing adventures and he's the same ordinary guy offscreen. More precisely, he's what other ordinary guys dream they'd be if they were movie stars. He tries to live a calm, eye-of-the-storm life. "What I care about," he says, "is what my parents, my wife, my friends think of me. I'm not immune to the perks of celebrity, I just don't have a lot of time for them.

"The time I should have been nasty was when people were saying awful things about me in casting offices. Now I get all the attention anyone would want. I don't need any more. In fact, the more I read about myself, the more bored I get."

At home, he forgets he's a multimillionaire. He says, "I like coming home to a woman who appreciates how truly full of baloney I am. I'm not that impressed with what I do. I do enjoy having a standing in the community. I used to get humiliated. I could be as foolish as to show up to interview for a part wearing a coat and tie. I've grown but I haven't changed. I'm on a roll and now my main concern is to make my career and my name stand for something."



Love of sports put *Field of Dreams* right in Costner's ballpark. "Besides the obvious competitive aspect," he says, "sports is about sharing and being fair."

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ONE ANGRY HEIRESS

She had her eccentric ways,
but she knew how to get what she wanted.

by George Sumner Albee

Illustrated by Stanley Meltzoff

I may not be the world's lousiest lawyer, as old Miss Peak says I am, but any fair, frank, objective witness will agree I'm one of the worst. I won't cite all the reasons. One will do. I forget to tell our local stump jumpers to climb the stairs to my combination office and apartment over Scooch Schoonmaker's chicken-feed mart. Result: I give away my advice on the street free of charge. So it's open and shut that I'll drive a secondhand car all my days, at the end of which the town will bury me from a secondhand hearse, no doubt, with used flowers.

But there are compensations. One of them is the trout fishing in our ice-cold creeks.

Another is our mountains, which the Indians called Onteora, the Mountains in the Sky. When you've met our mountains, they adopt you into the family and never let you go.

Another is the rare comeuppance case that comes a lawyer's way once in a lifetime, like Burton Beal's. Burt is one of the finest young fellows ever to settle in Tongorville. An Air Force jet caught fire, and it was either ride it down or abandon it over a crowded city, so ride it down was what Burt chose to do. His back is one big scar. He has burns on his face, too—not that they bother his wife Dorothy, who is as pretty as a little pink dogwood in May.

It was in May of '57, with his savings and his disability pay, that Burt came to town and tramped up my dingy stairs. "Mr. Hasbrouch," he said, "I'm thinking of living here and buying the Bijou Theater, and I don't know much about contracts and stuff like that. Would you kind of sit in, sir, is what I want to know, and keep me from making goofs?"

"Don't you call it a goof," I asked, "to buy a movie house when theaters from one end of the country to the other are having their troubles?"

"Maybe," he said, "but maybe not. The Catskills have a big summer population. People on vacation want something to do at night, and these are New York City people; I think if I give them first-run films, the same picture they'd see that night on Broadway, they'll drive in from the hotels and boarding houses. I don't want to get rich; I just want a healthy spot where my wife and I can have some kids."

"Do you fish?"

"Yes."

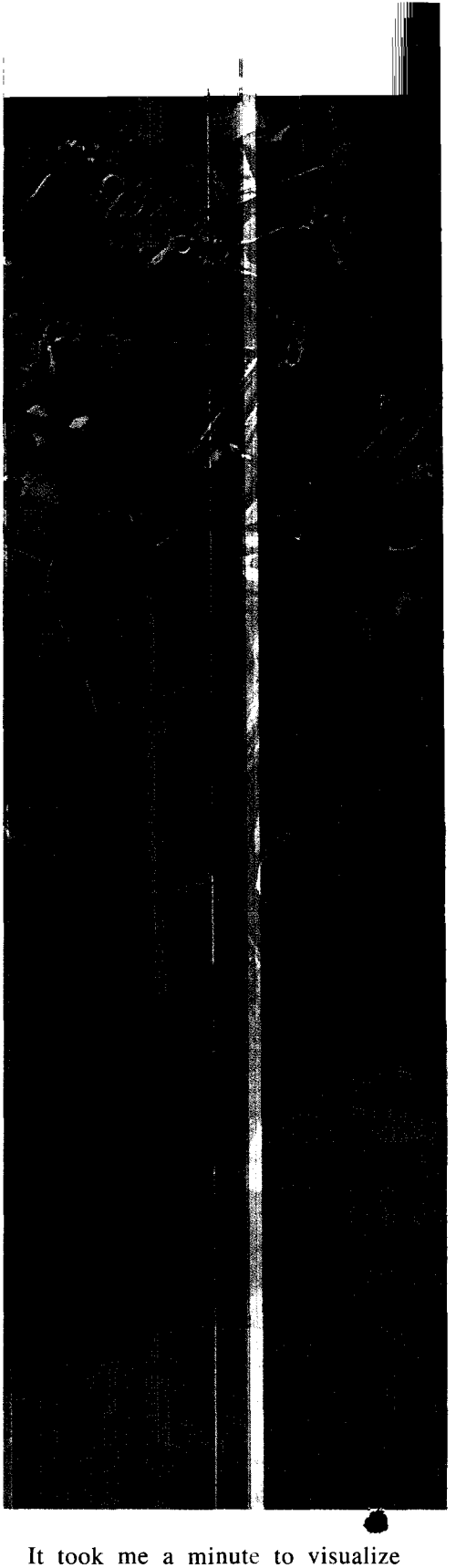
"Then you can't be all fool," I said. "O.K., I'll work for you for my usual stupendous fee."

The chain that owned the Bijou was glad to get rid of it for peanuts, or even the shells, so we made the deal. Burt and Dorothy cleaned and painted the place, refurbished the busted seats and put in a popcorn-and-candy counter. One of them was always in the box office after four in the afternoon to tell people who phoned in what the program was. They rented only first-rate films, although they had to borrow at the bank in order to pay for them, and they advertised with posters and throwaways. And to everybody's surprise except, I guess, their own, they made money. Not much, but enough. They wore jeans in summer and lumberjackets in winter, but so do we all here. They had a good summer in '57 and a better one in '58. Then, early this past spring, Burt came to me again.

"Skunk," he said—we were fellow anglers and friends by this time, so he called me by my nickname—"do you realize how much business I lose because folks have to park their cars three or four blocks from the theater Friday and Saturday nights?" Our stores stay open Friday evenings.

"Plenty," I said. "People seem to get lazier every year."

"Well," said Burt, "there's a perfectly good parking lot right behind the Bijou and, what's more, I own it. I've been looking at my deed."



It took me a minute to visualize what he was talking about. You couldn't see it from the street, but there was a kind of hollow square behind the theater building. The Bijou is on Front Street. The next street over is Mohonk. The Dutch Reformed Church, built at the time of the Revolution, stands at the corner of Mohonk and a cross avenue, with the graveyard next to it that is so pretty in the spring when the tulips bloom around

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"Hellenbarger," she said, "kindly remove this ruin immediately."

the tilted old headstones; then on down the block on Mohonk there were stores—plumbing and heating, a barbershop, a delicatessen, a dry cleaner. Behind the stores, and behind the rear wall of the Bijou, was the space Burt was talking about, with nothing in it but some rubbish and old lumber.

"That's right, your lot is L-shaped," I said. "Originally it belonged to the church. Then it was a lumberyard, then the lumber company sold it to the theater people. But it's impossible to get in there," I pointed out. "You'd have to cut an alley through to it either from Front Street or Mohonk. Property on Front is too valuable. That only leaves——" It came to me. "You want to buy one of those little stores on Mohonk, and tear it down for your entrance?"

"The barbershop. It's been empty for years. Anyhow, it's nothing but a shack, and it's falling in. A couple of hours with a bulldozer and I'll have my free parking for Bijou patrons."

I hated to throw cold water, but lawyers live in cold water, like trout. "There's one snag," I said. "The title to that property along Mohonk is fouled up, and the only person who can give you the details is old Miss Peak. Do you know her?"

"Sure—the old lady in the wheelchair. She's my best customer. She

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comes to the show practically every night. If she likes a picture, she sees it over and over."

"I don't mean that kind of know," I said. "I mean do you know who she is. That little old lady's great-great-great-grandpa had a patroon grant, and that little old lady owns about every square inch of real estate in Tongorville, not to mention a few hundred thousand shares of goodies like Standard Oil and AT&T. If Miss Peak owns the barbershop, she'll hold onto it just to hold onto it; the land-rich don't sell land."

"I'll have a talk with her," said the boy.

"It's worth trying," I told him, "but don't let those innocent baby-blue eyes fool you. Her forebears skun the redskins out of their happiest hunting grounds, and she could do it today. Watch your wampum."

First, because he has manners, Burt called Miss Peak on the phone. (She has a phone. It's the only thing in her house manufactured after 1700, but she needs it to talk to her broker down in Wall Street.) Then he went to her little blue-stone cottage out in the clove, which is what we call a glen hereabouts, and simply plunked himself down in a Salem rocker and said, "Ma'am, I want to buy the barbershop on Mohonk Street because I need the land. What do I have to do to get it?"

"Why on earth do you want that dinky little lot? It's only 18 feet 6 inches by 30 feet deep," she said. She knew. She has a brain like a honed harpoon.

Burt told her about the parking area.

"I see. Then I tell you what," said the old lady. "I'll make you a gift of the property."

Burt nearly fell off the rocker. "Why should you do that? It's worth a thousand dollars to me."

"Because," said Ann Peak, "movies are my greatest pleasure, and I'm in your debt for these fine ones you're bringing us. I've been wondering how to thank you."

"But, Miss Peak, I can't let you do this——"

"It seems to me I've heard you fought for your country, too, instead of buying a hundred sick pullets and asking for farm deferment like some of our local patriots," said the old lady. "Take the lot, Mr. Beal, and good luck to you."

Burt gave in. "All right, I will," he agreed, "but let me say thank you to you and your companion, Miss——"

"Miss Whittemore."

"We have to go now, Arnold has exceeded his mall tolerance."

"As of now you and Miss Whittemore have two lifetime passes to the Bijou."

The old lady was so pleased she got as fussed as a girl. "There's nothing I'd rather have," she said. "If I weren't so old and ugly, I do believe I'd kiss you. Yes—yes, I would!"

"You don't look old and ugly to me," said Burt. "I think you're a doll."

So *he* kissed *her*. Charm is a great thing. I could use some. Still, some female might marry me if I had it, and that's a horrible thought.

"I don't believe a word of it," I said to Burt, when he told me the next day. "O.K., stop saying she's a sweet old darling, because she's an old conniver, and tell me what she said about the title to that property."

"Well," said Burt, "first of all she said she doubted if you were bright enough to untangle it, but it sounds simple enough to me. Somewhere around 1780 the Peaks donated land for the Dutch Reformed Church, the burial ground, a parsonage, and a carriage shed. The carriage shed used to stand where my parking lot is going to be; it burned down when lightning struck the parsonage in 1851."

"We know that."

"Then for quite a while the family did nothing with the rest of the land. It was pasture. But in 1900 Miss Peak's father, Silas, donated the rest of the property—it was when they were putting Mohonk Street through—to the town. He was supervisor at the time. So the town owns the rest of the block on the north side of the street, which includes the barbershop, but none of it can be sold unless the grantor or his heirs approve."

I nodded. "Well, Miss Peak is the heir, so you're all right. The town council will have to put the lot up at auction, but Mohonk Street has gone to seed and nobody wants the barbershop, so yours will be the only bid."

"How much will I have to bid?"

"We'll see to it that the council knows Miss Peak wants you to have the lot. Say $200."

"I've got it made," said my boy, tickled pink.

But he didn't. We petitioned the council to put the lot up at auction at the next council meeting, and a few days later Burt had a visitor, Ollie Hellenbarger. Ollie has a pale bluish face the color of skim milk, puffy eyes behind big round spectacles in aluminum frames, and hair and eyebrows so light they are almost white. He sweats like rat cheese on a warm day, oozing oil. He lives only for deals, and everybody admires him for them. "Burt," said Hellenbarger, "I hear you're thinking of buying the old

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barbershop."

This happened in front of the Bijou in the afternoon.

Burt was up on a ladder changing the title on the marquee.

"It's a thought," said Burt. "My folks always told me to learn a trade."

"You're to have some competition," said Hellenbarger. "I want that lot myself. This is just a friendly warning to you."

"The place stands empty for 20 years, until the roof falls in, and now all of a sudden you want it just when I do," said Burt. "You're a friend? If you're a friend, what I need is more enemies."

Hellenbarger laughed his self-satisfied chuckle. "Coincidences will happen," he said. "I figure I can pick up that lot at auction for $300 or $400 dollars. I know a farmer'll give me twice that for it. He wants it for a stand, to sell fresh vegetables to the summer people."

"Corn, no doubt," said Burt, "because this is sure a corny story."

"Lettuce," Hellenbarger corrected him, smirking. "Nice folding lettuce. I double my money in 24 hours."

"Why doesn't this alleged farmer just come to the auction and put in a bid?"

"Because he don't know there's going to be an auction, and I ain't going to tell him."

"You must be a good friend of his too," said Burt.

"Of course, now, if you were just to give me the $300," suggested Hellenbarger, "it'd save me the bother, and I'd come out with the same profit."

"I don't believe in paying farmers not to plant," said Burt, "and I don't believe in paying chiselers not to chisel. You are cleared for take-off."

A few days went by. Then Burt had another caller.

This time it was Elmer Krom. Krom's salary as town assessor is only $1600 a year, so he finds ways to augment his income, as the saying goes, and some of the ways are going to put him in the penitentiary one day if I can arrange it. It will be a pleasure to augment his sentence.

"You hurt Ollie Hellenbarger's feelings when you tol' him he wa'n't a friendly feller," said Elmer to Burt. "He's not of a mind to say this to you hisself, you hurt his feelings so bad, but he tol' me ef I run into you I should say he won't bid on that there lot ef you want it so bad."

"Well, maybe I judged him too fast," said Burt. "Tell Ollie it's nice of him and I'm sorry for what I said."

"Yawp; you jest give Ollie a thousand," said Elmer, "an' he won't show up to the auction, won't be there a-tall."

"Yes, Charlie...I've seen the snapshots of your wife and kids."

Burt gasped. "What kind of a holdup is this? You know the barbershop isn't worth any thousand!"

"Now I'll be honest with you," said Elmer. (This, I note, is a favorite phrase with liars.) "I'm town assessor, so I guess I know well's anybody the town has growed away f'm Mohonk, prop'ty there ain't wuth nawthin. Still, must be t' you. Elst you wouldn't be after it. Guess that's the way Ollie figgers."

Burt made a remark of the kind called unfortunate in diplomatic circles, stating that if Elmer did not hoist his tail out of there he, Burt, would boot it so high it would go into orbit. Two minutes later he came charging up my stairs.

"Look," I said, when I got him calmed down enough to talk to, "you spent your youth in the armed forces, young fellow, protected from the harsher facts of life. The harsher facts of life are citizens like Ollie and Elmer. They have no salable talents, so they have to make their living as parasites."

"On me!"

"On anybody. They don't discriminate. They steal from Peter the same as Paul."

"But how did Hellenbarger find out I want the lot for a driveway? We didn't mention it in our petition. He sure acts as if he knows exactly why I have to have it."

"He does," I answered. "You told Ann Peak, and Ann Peak told Miss Whittemore, and Effie Whittemore has the biggest mouth south of the St. Lawrence River."

"So what am I supposed to do? You're my lawyer."

"You're supposed to pay off."

"A thousand dollars in graft?"

"Five hundred. No; say $550. Ollie has to slip Elmer $50, I imagine, for stepping in and reminding you Ollie has a pal on the council."

"I won't do it."

"You better," I said, "or Hellenbarger will outbid you at the auction and take the lot. Then you'll have to buy it back, and the price will go still higher."

"I won't pay blackmail," said Burt, stubborn. "Never."

"Pay it. I'll lend you the $500 if you're short."

Burt was fuming with plain, old-fashioned, righteous indignation, the kind that has gone out of style nowadays when we say there's no black or white and all cats are gray. "I'm a reputable businessman," he said, getting to his feet, "and I'll go to that auction and bid as much as I think the property is worth to me in a business way, but that's all I'll do."

"I admire you," I said. "I admire your principles. But you're a man, and these are mice, and mice have sharp little teeth when they smell plum cake. You're going to lose that

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UNLOCKING THE SECRETS OF TAXOL

The anti-cancer drug offers new hope to patients with ovarian and breast cancer.

by Carol Krucoff

Dr. Robert Holton and his chemistry colleagues at Florida State University stood in a circle, their mouths open in astonishment, staring at a reaction vessel. Inside the vessel they had successfully created a partly synthetic version of a rare cancer-fighting drug that experts are calling the most exciting new chemotherapy in decades.

"We didn't expect it to work so well," admits the 47-year-old chemistry professor about this key experiment in his 20-year quest to synthesize the complex drug called taxol. "That was our ah-hah moment, when we broke open the champagne."

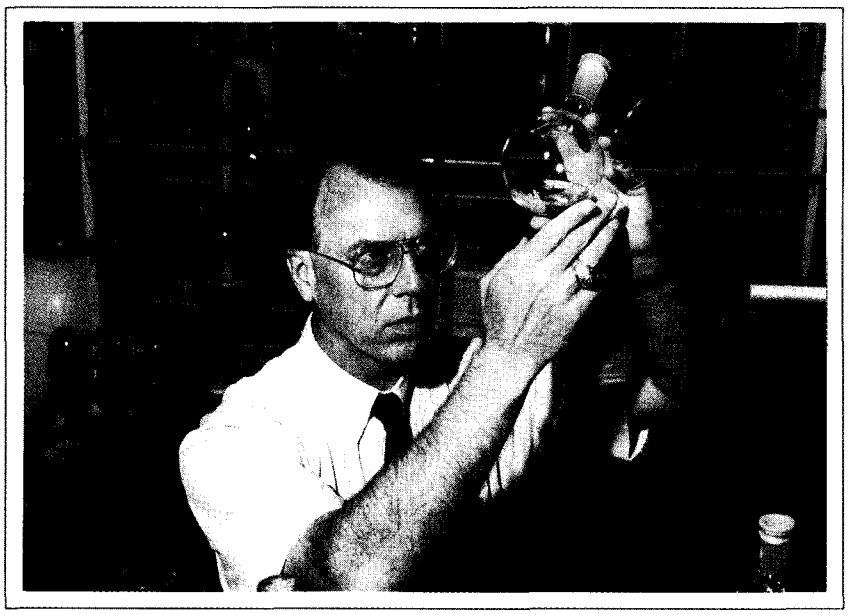
The race to create taxol has grown heated over the last few years as National Cancer Institute studies with the drug have demonstrated a striking 30 percent to 40 percent response rate in advanced cases of ovarian cancer. In addition to helping women whose ovarian cancer did not respond to any other treatment, taxol also has shown significant tumor shrinkage in breast cancer and is being studied on numerous other kinds of malignancies including lung and colon cancer, says NCI's Saul Schepartz, an expert in developing anti-cancer therapies.

"But experiments have been limited by the scarcity of the drug," Schepartz notes, "since it is derived from the bark of a rare yew tree."

The ecological dilemma posed by sacrificing rare trees to save human lives is one reason why Dr. Holton's process is being heralded with such promise. Up until now, taxol has been available only in small amounts from the bark of Pacific yew trees, which are sparsely sprinkled through forests in the Pacific Northwest. In a clash that one NCI official called "the ultimate confrontation between medicine and the environment," extracting taxol for experimentation has meant destroying the rare trees that also provide a home for the endangered Northern spotted owl.

Six 100-year-old trees must be stripped of their bark to provide enough of the drug to treat a single patient. Fewer than 1,000 patients can be treated this year with the amount of taxol now available, the *New York Times* reported in May.

"Our concern is that we not kill the goose that lays the golden egg," Wendell Wood of the Oregon Natural Resources Council told the *Wall Street Journal* in April. "This is a finite resource. Ancient forests that gave us the yew may give us answers to medical problems we haven't thought to ask."



GIL LAWHON

In his chemistry laboratory at Florida State University, Dr. Robert Holton is able to make taxol by coupling an extract of yew tree or bush needles with a synthetic compound.

Dr. Holton's patented processes solve several of these problems.

"First, we used the needles to extract the drug, not the bark," he says. "This means that you don't need to kill the trees, since needles grow back. It involves, basically, clipping shrubbery.

"Second, we used the English yew, which is a common ornamental shrub, instead of the rare Pacific yew."

Dr. Holton's process involves joining a compound called Baccatin III—which is a major component of taxol—with an easily-synthesized side chain. Coupling these two creates taxol. Baccatin III is most abundant in the leaves of the English yew, notes Holton, who says his process requires about two pounds of English yew needles to derive enough Baccatin III to produce taxol for one patient.

But the quest isn't over yet.

"Nothing's won until taxol's out there and available to patients," says Holton. "The big question now is how do you get large quantities of Baccatin III?"

Currently, he says, Bristol-Myers Squibb Company—which has a licensing agreement with the university to use the taxol process—is combing the world to uncover the best plants and best processes for extracting Baccatin III. Holton and other scientists are also working to synthesize Baccatin III, but for now he says the hundreds of varieties of yew are more likely to be the best source.

"We're currently investigating alternative sources to the Pacific yew to evaluate how much taxol and taxol-like compounds are in other kinds of yews," says botanist Ed Croom of the University of Mississippi. "A nursery can produce millions of ornamental yews to give us a sustainable base."

Scientists also are studying taxol to

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see how it works, and, in the process, learn more about cancer, too. Discovered 30 years ago as part of an NCI program to collect and identify plants with anti-cancer action, taxol kills cells in a way that researchers have never seen before.

"Taxol works by blocking cells just when they are going to divide, so it inhibits the replication of cells," says Susan Horwitz, professor of molecular pharmacology at Albert Einstein College of Medicine, who in 1979 discovered the unique way the drug acts. "Taxol binds to microtubules in the cell so they can't form spindles" necessary to replicate, Horwitz says.

Two things about taxol sparked her interest in studying the drug. "First, the chemical structure is unusual and previously hadn't been looked at in terms of its biological action," Dr. Horwitz says. "This is a very complex chemical with a structure that only a tree could make.

"Second, we knew from work at NCI that taxol had increased the survival time of mice with cancer."

Taxol's unique structure also caused Holton to devote a good part of his career to unlocking its secrets.

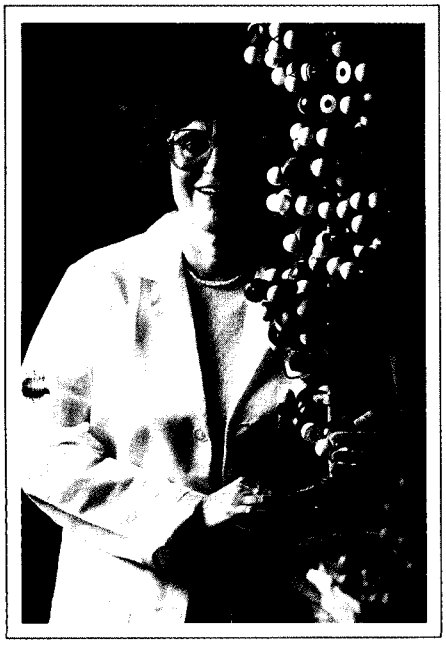
"When I first saw taxol's structure, back when it was isolated in 1971, it was so unusual and complicated that one could hardly even believe it exists," says Holton, who at that time was doing post-doctoral work at Stanford. "It's fantastically structurally challenging . . . the way the carbon atoms are connected, their size and shape and so on, involved a number of questions that had not been addressed before. It was clearly a problem one could sink one's teeth into."

Holton broke the problem of synthesis into several steps. In 1984 his laboratory successfully constructed the tricyclic taxane ring system. In 1988, they synthesized taxusin, a naturally-occurring compound that contains the entire ring skeleton of taxol. A year later, they created taxol by combining Baccatin III with a synthesized side chain. Now they are working on creating a totally synthetic form of Baccatin III and taxol.

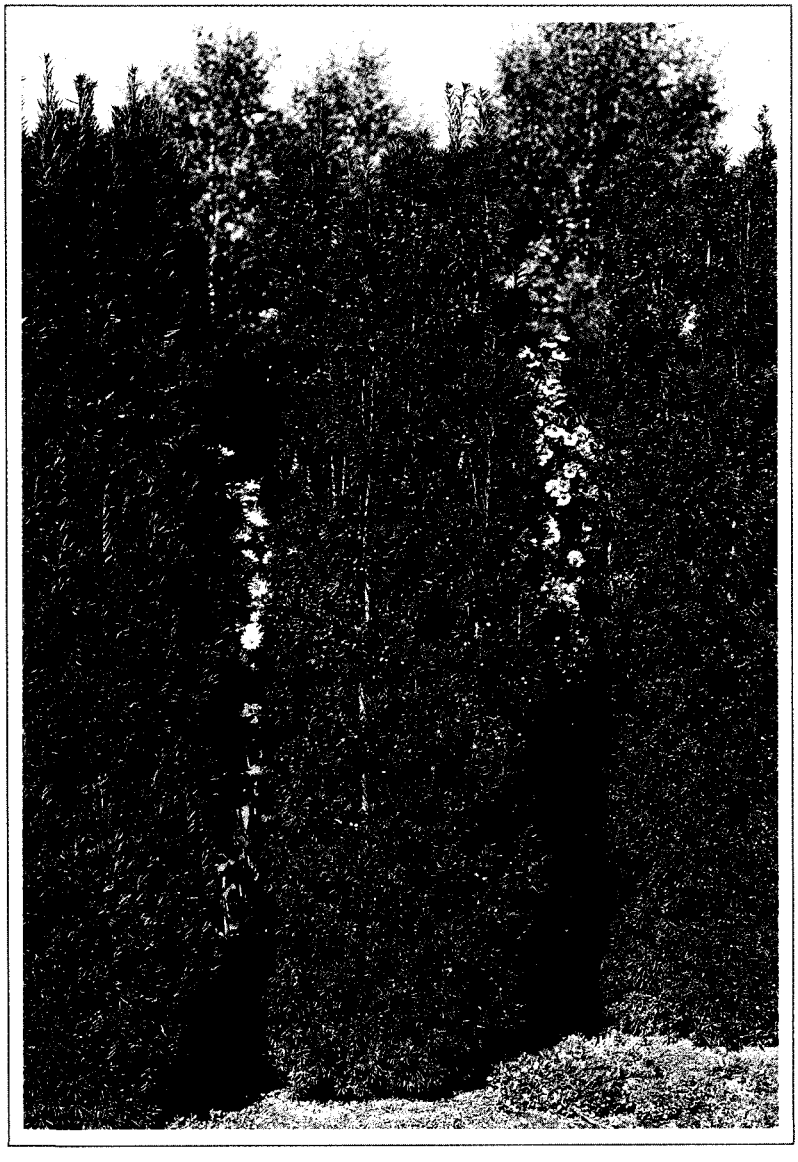
In the meantime, others are focusing their attention on the yew tree—which for years was burned by lumber companies who regarded the plant as a weed. Both slow growing and long lived, the yew has interesting historical associations.

In medieval times, every parish in England was required to provide a quota of bows made from the yew because of the flexibility of its wood. Since the leaves and berries are poisonous, the tree was grown in fenced churchyards to protect grazing animals.

Although it may be two or three years before taxol can be produced in large quantities, these trees and bushes, whose foliage can bring death, are already bringing hope to the many thousands of Americans who struggle with ovarian cancer.



Medical sleuth Dr. Susan Horwitz and colleagues discovered taxol's "unique" ability to stop cancer cells from dividing.



MURIEL ORANS

Unlimited taxol may be growing in our own backyards. English yew trees and bushes have great potential; other varieties are also being studied for possible use.

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SPEAKING OUT

CANCER FIGHTING TAXOL-YEW CAN DO IT

Your chance to join the fight against cancer.

by Patrick Perry

"Everybody who's either a plant chemist, botanist, or has anything to do with raising medicinal plants is probably involved in something to do with taxol right now," says Dr. Ed Croom, an economic botanist and key researcher from the University of Mississippi. "It's such a national emergency."

If you have ever felt helpless in the ongoing fight against cancer and you can lift a shovel, this could be your opportunity to become involved. With that shovel you could plant a yew tree or bush—the more, the better—to clip and harvest the needles for taxol extraction. In doing so, you might not only be saving the lives of cancer patients but also saving the rare Pacific yew tree from extinction.

The current semi-synthetic process requires several pounds of needles from *Taxus baccata*, the English yew, to produce enough taxol for one patient. Multiply this by the number of cancer patients in this country alone, and the dimensions of the spiraling demand come more clearly into focus.

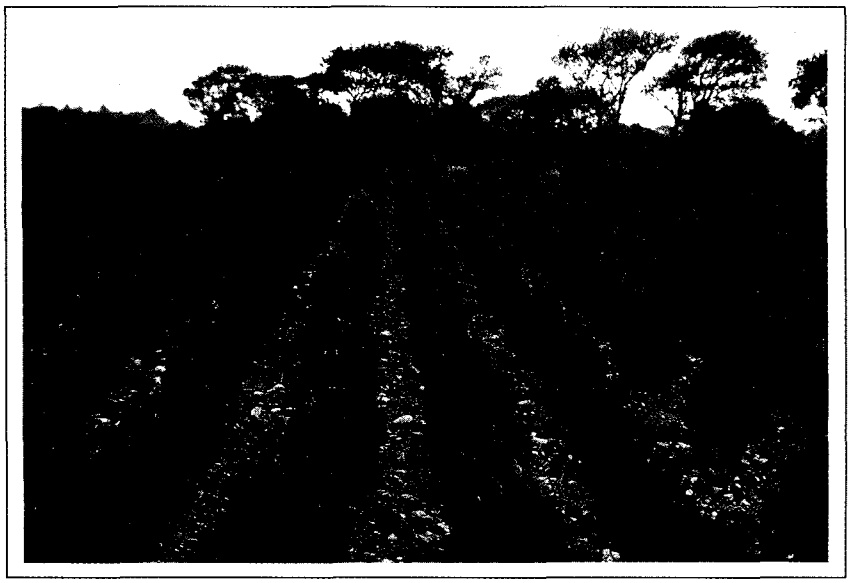
Baccatin III was found in high concentrations in English yews, which are common ornamental shrubs grown throughout western Europe. The chemical Baccatin III is present in varying degrees in all yews.

According to Dr. Croom, "There are published scientific reports that show some American ornamental yews show significant levels of taxol very comparable to the bark of *brevifolia* or the Pacific yew."

Since the bark is no longer essential for producing taxol, clippings offer a renewable, abundant source of supply. Commercial nurseries and everyday gardeners pruning their yews routinely dump the unwanted clippings which could potentially be used to make the drug.

Once the prime sources of taxol-producing yews are identified, how will we harvest the clippings? Dr. Hala El Sohly, who directs taxol chemical research at the University of Mississippi, Dr. Croom, and researchers in Ohio whose expertise is in the cultivation of taxus, all believe that an economical, constant supply is possible by utilizing resources already at our disposal.

"We've found in our research over 20 million taxus [yew trees] in the ground being cultivated for ornamental purpose in just the four nurseries in Rhode Island, Ohio, Pennsylvania, and Michigan that we began with. Between them they propagate maybe five million trees a year. These trees are anywhere from one to 12 years old or older. Obviously, we will get more clippings from a five-year-old plant than a one-year-old plant," explains Dr. Croom.



DR. ED CROOM

Nurseries are prime sources for English yews or Taxus baccata— *ornamental trees and bushes that can be used to produce taxol.*

"After we've evaluated the clippings, we'll go back to the nurseries which have grown ornamental yews for generations and ask them to increase their production of drug-rich cultivars. That way you utilize all the waste material that they are already clipping. Then when you graduate to the higher costs of building extra greenhouse facilities and procuring land, you know the right trees to propagate for taxol production.

"We know there is a drug there," Dr. Croom affirms. "What we are really trying to do is develop a renewable, abundant, and economical source of the drug."

Compare this to the initial source—the wild. Having lumbermen attached to wires harvest taxus up steep slopes is vastly more difficult and unpredictable than trimming taxus in organized fields.

"The real options for production at this time are wild, ornamental, and tissue culture," Dr. Croom says. "In the United States, companies are already harvesting wild taxus. Next, I think the most proven in development is ornamentals from nurseries. We've harvested already thousands of pounds of these cultivars and dried them. We're trying to find out how to enhance that supply and make it economical. Tissue culture is really at the lab stage."

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There is, however, a vast and overlooked source of taxol. Besides the nurseries and outside of research institutions, yew trees flourish in another untapped source of supply.

Our own back yards!

"There's certainly more taxus in people's yards than anywhere probably in the whole world," Dr. Croom confirms.

Yew bushes are one of the most common landscaping shrubs used in the United States. The dark green yews are often used in border or foundation plantings. And annually, homeowners trim the new growth on these shrubs to maintain the neat, manicured appearance. These clippings are then bagged and discarded—millions of pounds of clippings that with proper care might aid in the battle against cancer are dumped each and every year.

The Saturday Evening Post Society has recently planted *Taxus baccata,* or English yews, on the Society's Fitness Farm and young members of the Children's Better Health Institute eagerly participated in planting the bushes—nurturing hope for cancer patients and a supply of taxol for future generations. The clippings from the bushes are carefully dried and shipped off to research facilities for taxol extraction.

So the push is on to guarantee and produce an economical, thriving, and available source of yew trees and bushes for the production of taxol.

American gardeners can play a vital role in this unfolding and exciting discovery. Consult with your county extension agent or local nursery expert to see if English yews will thrive in your climate. *Taxus baccata* is usually hardy in central and southern U.S. gardens (zones 6 through 10). The easy-to-maintain evergreen trees are stately and graceful and make a beautiful addition to your landscape. Other yews, like the *Taxus canadensis* or Canada yew, are also showing great promise. The Society will keep you abreast of new developments in taxol research.

If you already have English or Canada yews, follow the simple instructions for drying the foliage, and contribute normally discarded clippings to the pool of research. Although better not to use insecticides or herbicides, if you have, please let us know what kind(s) was applied when submitting your prunings.

MIKE SERVAAS

Generations join hands as seven-year-old Alexander Durham and nurseryman Bob McKinley plant English yew shrubs on the Children's Better Health Institute's Fitness Farm.

If you want to help with the yew project and would like additional information, please write to:

Department YEWS
Saturday Evening Post Society
1100 Waterway Boulevard
Indianapolis, Indiana 46202

Those who have clippings should dry them following the instructions given below before mailing or sending them by U.P.S. to the *Post.*

Method of Drying Yew Foliage

The pencil-sized prunings of the twigs and needles (foliage) taken from the yew trees are placed immediately into a mulcher or grinder machine. (We've used a sturdy blender and a food processor.) Once the prunings are cut, prevent their exposure to further sunlight. The purpose of the grinding step is to reduce the twigs to a mulch of approximately 1/8- to 1/4-inch size and to break the needles, which then allows drying. If the needles are not broken, drying will not occur and the taxol content is greatly diminished.

Drying prevents the buildup of heat and the possibility of spontaneous combustion and fire in the biomass. Excessive heat and sunlight also destroys taxol content in clippings. Drying can be achieved by a variety of methods, but the simplest would involve one of the following:

—Air dry by spreading the biomass (ground material) thinly in a dry, dark area. Make sure the biomass is no more than 1 inch thick and temperature does not exceed 90 degrees.

—Dry in a dehumidified atmosphere with ventilation.

Proper dryness has been obtained when the needles break with a snap.

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IT'S WHAT YOU PASS ON THAT COUNTS

by Reverend Bob Stewart

Editor's note: When this personal letter came in the mail, we asked for permission to print it with Dick Sargent's immortalized cover of "passing the hurt." Enjoy.

I have always wondered what to do with old birthday, Easter, anniversary, and special occasion cards that I have received. I feel guilty opening and tossing them. However, recently my friend in his church newsletter told his congregation how he solved the problem:

"The other day I read of someone who solved that problem in a spirited manner, especially with Christmas cards. The moment he receives a Christmas card, he puts it in a new envelope and posts it on to someone else, to share the joy with them. If the card has been inscribed by some affectionate hand, 'Love from Pamela,' or 'with the compliments of Rickshaw, Morbidly and Litigious, Attorneys-at-Law,' he does not bother to erase those inscriptions. He merely adds the words, 'and Richard Smith.' He contends that this method gives his friends added pleasure. Not only do they get their cards, but they are left wondering who Pamela might be, and why their old friend has had some occasion to get on the client list of a staid old law firm.

Maybe that's the best way of disposing of greeting cards—by passing them on, to give at least a wry smile to someone whose day may otherwise be devoid of even so small a frivolity. (And think how our environmental task force would applaud such a recycling custom!)

Maybe that would teach us, too, how small joys are to be cherished by passing them on. We have learned how easily the bad gets transmitted from life to life. A woman burns her hand cooking breakfast, so she snaps at her husband at the breakfast table, and the mood travels with him to his office where he bawls out his secretary over a trivial error, and the secretary berates the office boy who—being at the bottom of the pecking order—has no other outlet than to kick the dog. How contagious a hurt can be, and how many people can be injured along the way, as a hurt travels its full circle of life-to-life communication.

But a smile can also be contagious, and so can a kind word, and a generous act, or even a greeting card.

So instead of throwing away the greeting card (and the lovely sentiment which prompted someone to send it to you), and passing on the grudge or the hurt, why not reverse the process: Throw away the hurt and pass the sentiment along."

And so, as a Scottish Presbyterian pastor, look for some of my recycled cards!

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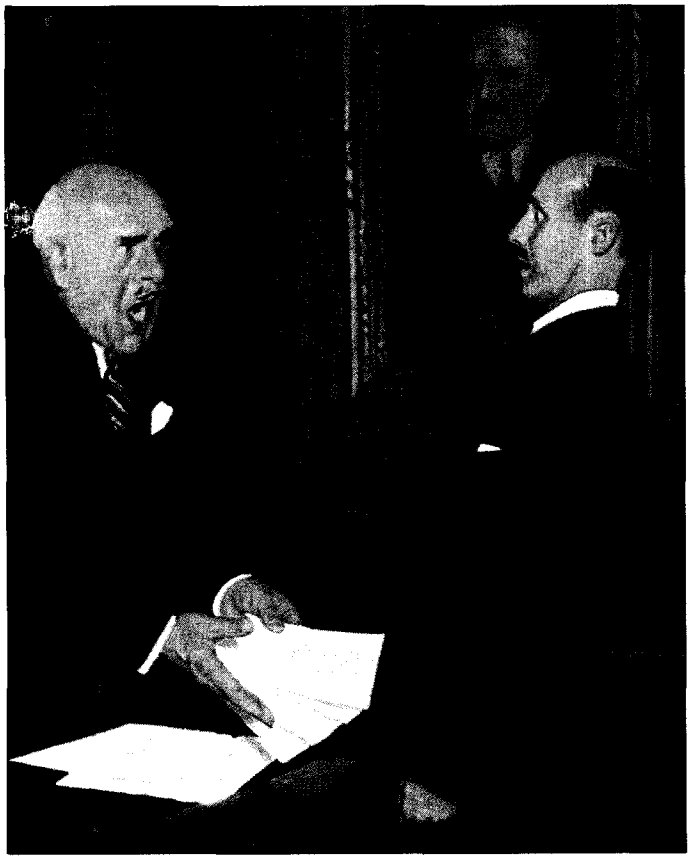

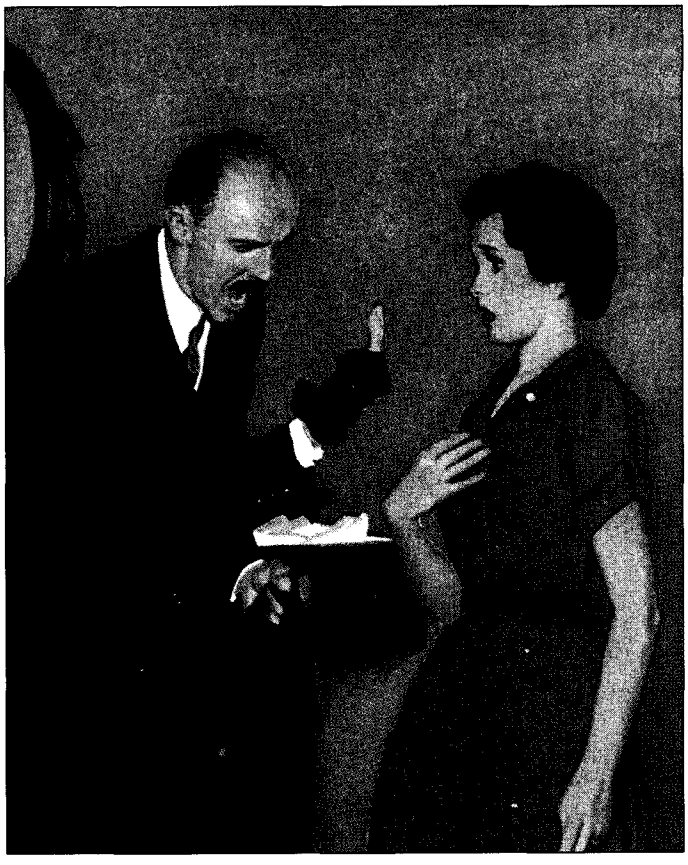

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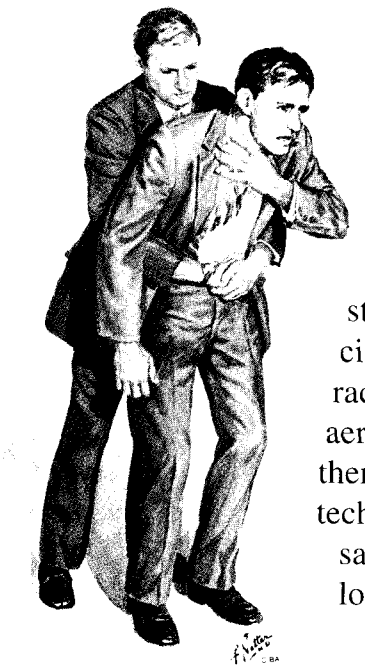
...he's making his list!

Is your inspiration for what to give that hard-to-please person this year colder than a knothole in the North Pole? Would you like a suggested gift that is worry-free—no size, style or color problem? No concern about a bothersome return or exchange?

No fear that your gift might go directly into the Goodwill bag?

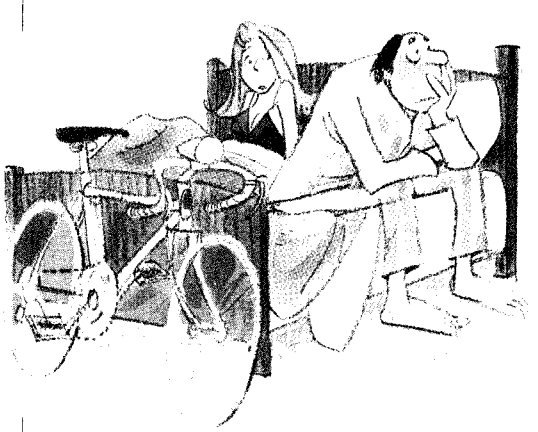
Have we got the suggestion for you!

There's a lot of "give" in making your gift *The Saturday Evening Post.* Each issue of this refurbished fine old family magazine gives an abundance of information, advice, instruction and amusement. Your gift recipient will find it all presented without an offensive word throughout the colorfully illustrated pages of quality fiction . . . exciting sports . . . cartoons and humor . . . adventure . . . and popular personalities in the fields of business, religion, government, and entertainment.



Each issue will take readers to romantic places (a bicycle tour of New England or a ride on the American-European Express) . . . keep them abreast of recent medical developments, such as the double lung transplant for emphysema victims . . . help them develop health habits for a longer life with delicious low-fat recipes and stories on safe exercise such as racewalking and water aerobics, and bring them up to date on techniques that could save the life of a loved one.

The *Post* will inspire them by articles about faith . . . entertain them with medical mysteries . . . and keep them laughing with our



cartoons, "Post Scripts," and humor articles.

Christmas ends in December for most—but not for those who receive your gift of the *Post.* To them it will be Christmas every day a bright new issue hits their mailbox. Best of all, their subscription will include our FREE Christmas issue . . . if you order NOW.

So, avoid the crowded mall

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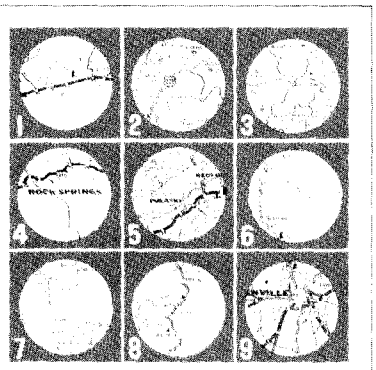
this season. Just mail the completed card, and we'll return a charming Christmas card for you to sign and mail to the lucky person(s) on your gift list.

You may never know how much a recipient appreciates the gift that keeps on giving . . . issue after issue. But don't bet on it. They'll more than likely let you know as soon as they receive your card.



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LOW ON A WINDY HILL

The view and low-cost flood insurance are the two advantages of hilltop living—after that, it's all downhill.

by Maynard Good Stoddard

Illustrated by Don Trawin

Hilltop living is not without advantages: The view is nice, and if God should ever change His mind and reflood the earth, we'll be among the last to go. From there on, living atop a hill is—well, it's all downhill, that's what it is. (I have heard that to harvest potatoes grown on a hill all you have to do is dig out the bottom of the row and hold a sack and the potatoes will roll into it. But I have yet to verify this.)

As for the disadvantages of hill dwelling . . . where to begin?

Up here is where lightning forms—and often stays. Here is where the wind blows your aluminum ladder down, leaving you stranded on the roof until your dear wife finally shows up after an afternoon of leisurely shopping for sleeping pills for her cat. Here is where you jump off your mower to pick up a fallen branch in the way and your beautiful red Murray mower goes down the hill without you. Here is where the well-driller drills down 248 feet at nine dollars a foot before striking water, while Abrell's well in the valley totals 18 feet. Here—and let's begin here—is where you replace your driveway after every rainstorm, and where you leave your car at the bottom of the driveway whenever the snow piles up to a depth of one-half inch.

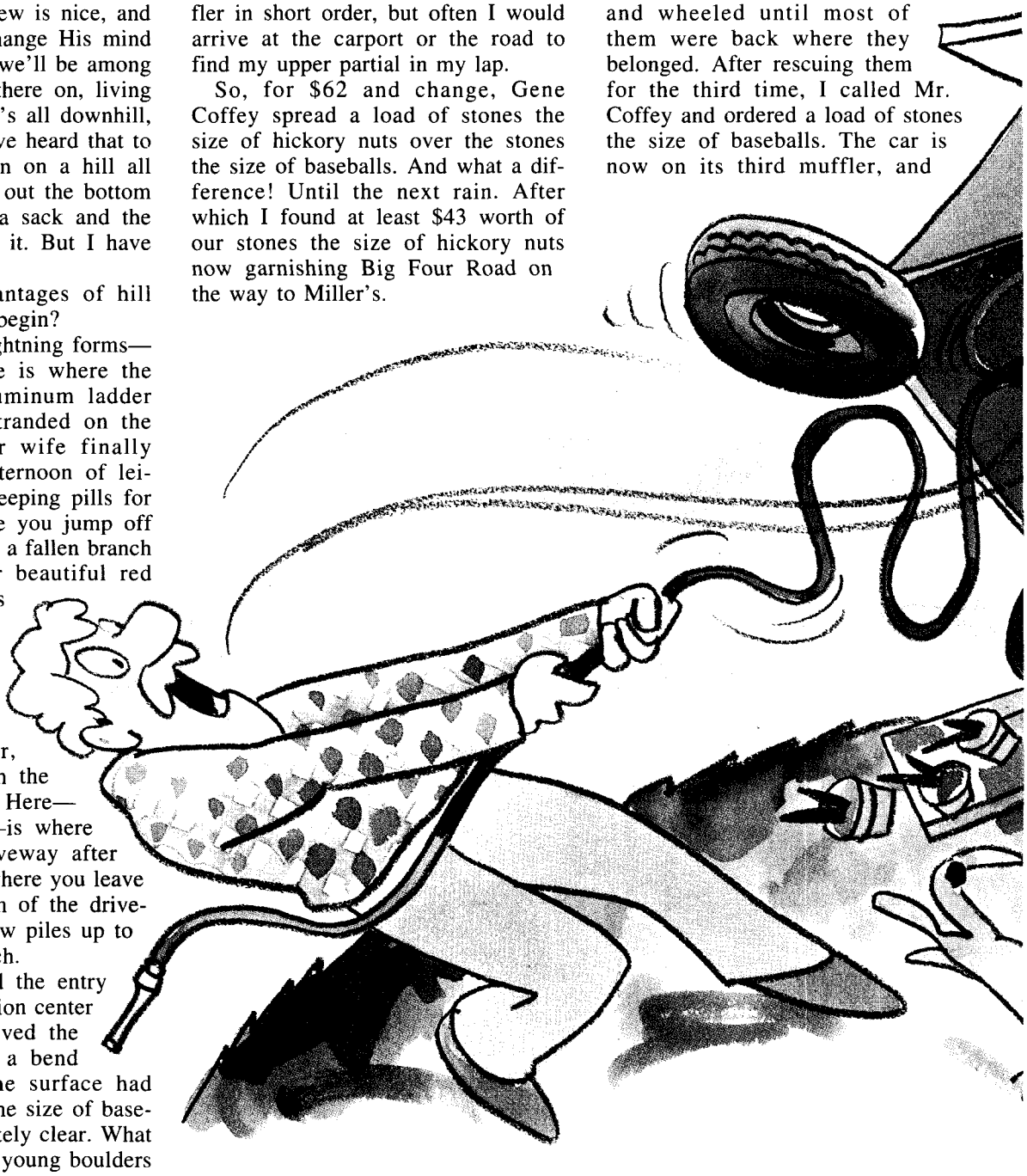
Whoever engineered the entry to this termite convention center we call a house relieved the precipitous grade by a bend part-way up. Why the surface had been laid with rocks the size of baseballs was not immediately clear. What was clear is that these young boulders not only relieved the car of its muffler in short order, but often I would arrive at the carport or the road to find my upper partial in my lap.

So, for $62 and change, Gene Coffey spread a load of stones the size of hickory nuts over the stones the size of baseballs. And what a difference! Until the next rain. After which I found at least $43 worth of our stones the size of hickory nuts now garnishing Big Four Road on the way to Miller's.

At Mr. Coffey's suggestion, I had him next bring a load of "screenings," which had the capability of packing down and forming "a good hard surface."

Well, it's the morning after the next rain, and do I know where my screenings are right now? Indeed I do. They are nicely packed around the hickory nut-sized stones on Big Four Road, forming a good hard surface.

Well, you know me. The screenings having cost more than the hickory nut sizers, I got out the old wheelbarrow and the old scoop shovel and scooped and wheeled until most of them were back where they belonged. After rescuing them for the third time, I called Mr. Coffey and ordered a load of stones the size of baseballs. The car is now on its third muffler, and



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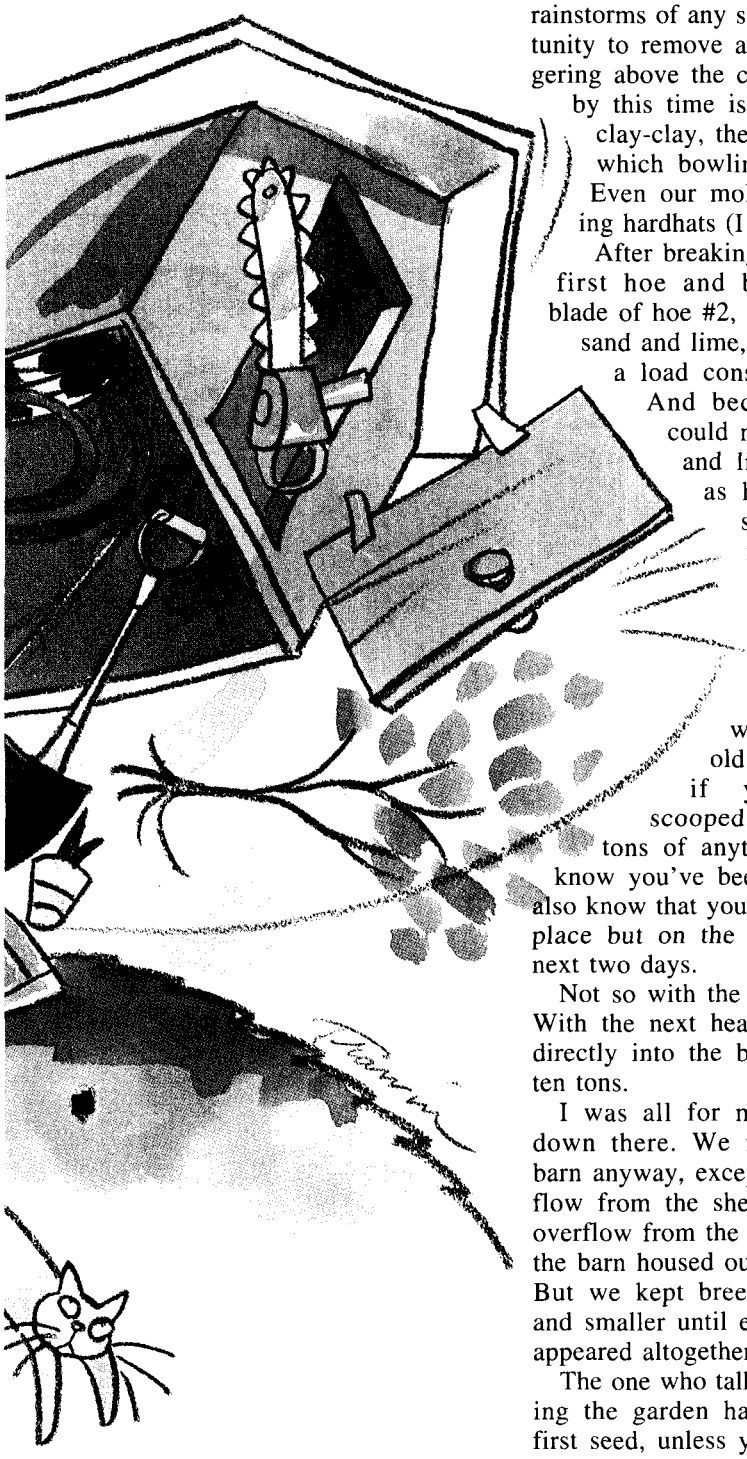
storing my upper partial in the glove compartment before traversing the driveway has become automatic.

As for getting up our driveway with snow on the ground, no problem. This is because we can't negotiate the hill on Big Four Road to reach the driveway. After sliding and spinning until we're about out of gas, we park the car down by the Nazarene Church and slog up. Usually I'm carrying two sacks of groceries and a gallon jug of skim milk, with my back pockets dipping snow. One time I got all the way to the top of the hill and forgot the milk. So I slogged all the way back. It was the first time in seven years I hadn't been ordered to bring home a gallon of skim milk.



Or take the garden. You might as well, it doesn't stay home anyway.

Without benefit of a bulldozer, a hill-dweller's garden of any size is going to be on the bias. This provides rainstorms of any size the ideal opportunity to remove any topsoil still lingering above the clay base. Our base by this time is not only clay but clay-clay, the kind of clay from which bowling balls are made. Even our moles come up wearing hardhats (I just made that up). After breaking the handle of my first hoe and bending back the blade of hoe #2, I ordered a load of sand and lime, little knowing that a load consisted of ten tons. And because Mr. Coffey could not spread the sand and lime on the garden as he had spread the stones, the screenings, and the boulders on the driveway, I was again presented the opportunity to consort with the old wheelbarrow and the old scoop shovel. And if you have ever scooped and wheeled ten tons of anything, brother, you know you've been someplace. You also know that you don't go any other place but on the old couch for the next two days.

Not so with the sand and the lime. With the next heavy mist they went directly into the barnyard, the entire ten tons.

I was all for moving the garden down there. We no longer use the barn anyway, except for storing overflow from the shed, where we store overflow from the house. At one time the barn housed our miniature ponies. But we kept breeding them smaller and smaller until eventually they disappeared altogether.

The one who talked me out of moving the garden has yet to plant her first seed, unless you count some ill-timed four-o'clocks (which I don't). So I am still planting garden seeds with a jackhammer and chopping out weeds with a double-bitted ax. A hoe, as I might have indicated, is about as practical as a fire extinguisher in an igloo. The good news is, I can usually do the harvesting with nothing more than a Wal-Mart shopping bag.

The capricious wind that whips across here does more than knock my aluminum ladder down, leaving me stranded on the roof. Another of its favorite pranks is pulling my best (which isn't saying much) fruit trees out of the ground. And how it loves to convert roofing shingles into gliders. The little back-up shed I shed several hundred dollars for at Wickes Lumber Company left us one night on an exuberant gust for parts unknown (though I suspect it's somewhere across the road). I do have the door, which fell off in transit, in case anyone is interested.

The wind has twice blown sparks out of the trash burner and set Abrell's pasture on fire. The last time, it came within maybe five feet of barbecuing two stupid goats with their stupid heads caught in the fence. And I don't mean rare, I'm talking about well-done.

I could go on, so I will. This concerns a problem that may be unique to our elevated habitat—I haven't inquired of the Bluford Abrells who habitat the hill directly across from us. (A local wit recently observed, "The whole damn county has gone to ragweed and Abrells.") I refer to the National Guard jets from Terre Haute using our five-room aerie as a tracking site. Sometimes they are up—oh, maybe 500 feet. More often not so high. What this does to the eardrums—hang on . . . here comes one now!—should provide the young jesters at the controls their kicks for the day. But no, their day isn't complete until they can catch me on the lawn mower so I'll leap off, thinking the engine is blowing up, and once again watch the mower go down the hill unattended.

All things considered, this fall I may try jackhammering out the bottom of a row of potatoes and holding a sack. If it works, that will make *three* advantages of living up here with the eagles.

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THE ART OF THE GAME

From the sandlot to the stadium, the American Illustrators Hall of Fame celebrates America's favorite pastime.

At the beginning of this century, baseball was already 60 years old and counting. The mustachioed ruffians of the earlier game had by then begun to age a bit, and a new crop of smooth-shaven heroes, the likes of whom first appeared on a *Post* cover in 1909, were arriving to take their place.

Since then the *Post* has returned again and again to the ball field for artistic inspiration. From the sandlot to the stadium, from Pee Wees to the major leagues, the comedy, the tragedy, the winners, the losers, the outraged fans, bullied rookies, cocksure Caseys-at-the-bat, and the side street would-be sluggers have all been portrayed in a continuing chronicle of America's game.

We have selected what we believe are the best covers by the best artists, but when all the covers hit a home run it's pretty hard to throw one out. If we missed the one you remember, sorry, but like the umpire's decision, when we call 'em, that's it.

Has the batter just hit a grand slam home run and yelled "Yippee!" or has he struck out and grumbled "¢#@+¢!!"? Only J.F. Kernan, the artist who did this May 28, 1932,* Post *cover knew for sure, and he never said. Regardless of whether the ball went over the fence or into the catcher's mitt, the unwritten thousand words of this picture tell the complete story of baseball action. We like to think the model might have been Ty Cobb, "The Georgia Peach." And if we are right, the ball likely never arrived at the catcher's mitt.*

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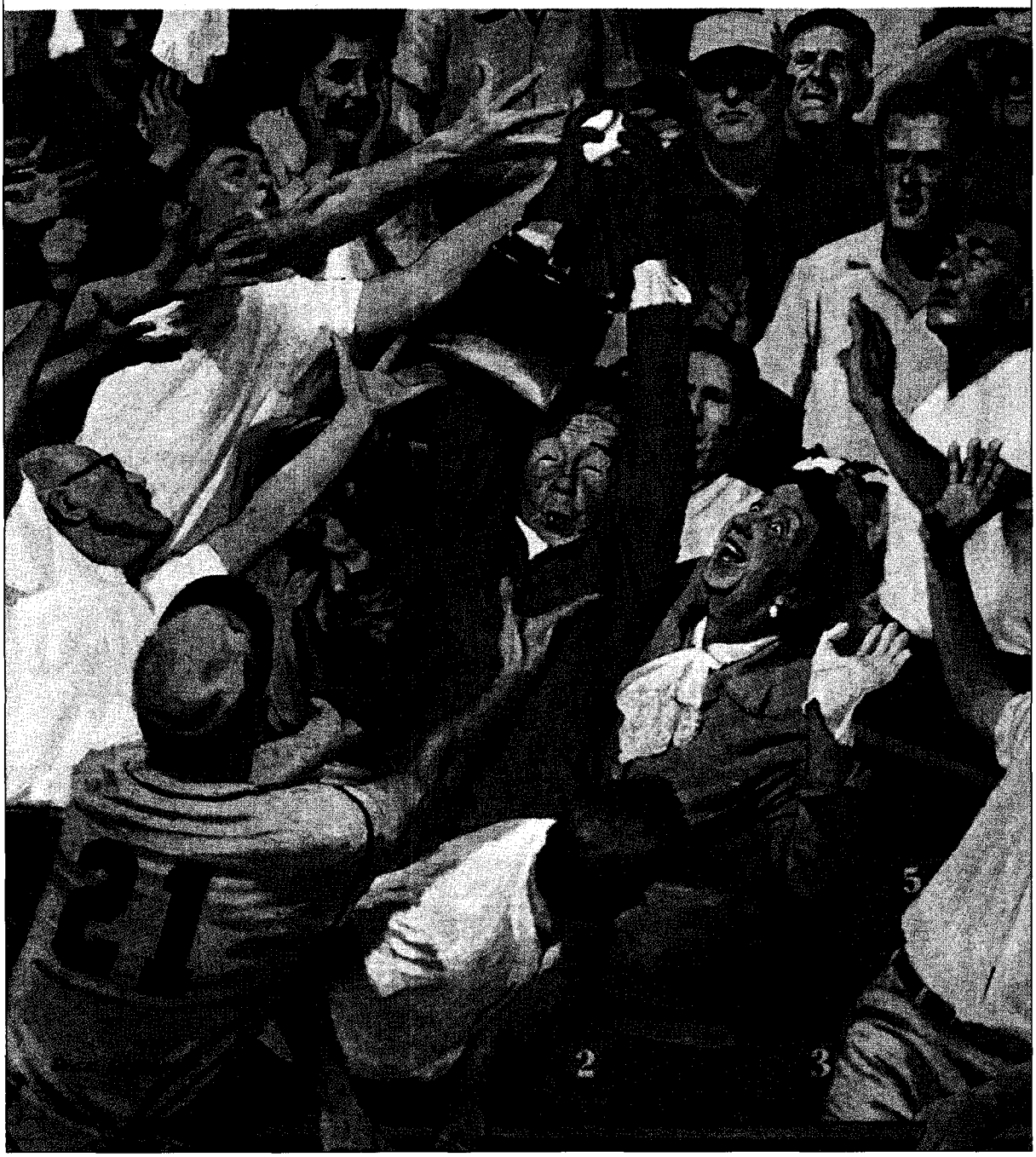
The Saturday Evening
POST
April 23, 1960 – 15¢

WHY DO THEY HATE US IN PANAMA? By HAROLD H. MARTIN

MY FRIENDSHIP WITH THE TRUMANS By PERLE MESTA



Some 1,400 foul balls are knocked into the Yankee Stadium stands every season, but a player rarely has to contend with spectators trying to make the catch. When it happens on Ladies' Day, the contending becomes a bit more hazardous. Artist Dick Sargent wanted Post *viewers to believe that this was Milwaukee's Eddie Mathews trying to retrieve the ball, thus the No. 21 on the uniform.*

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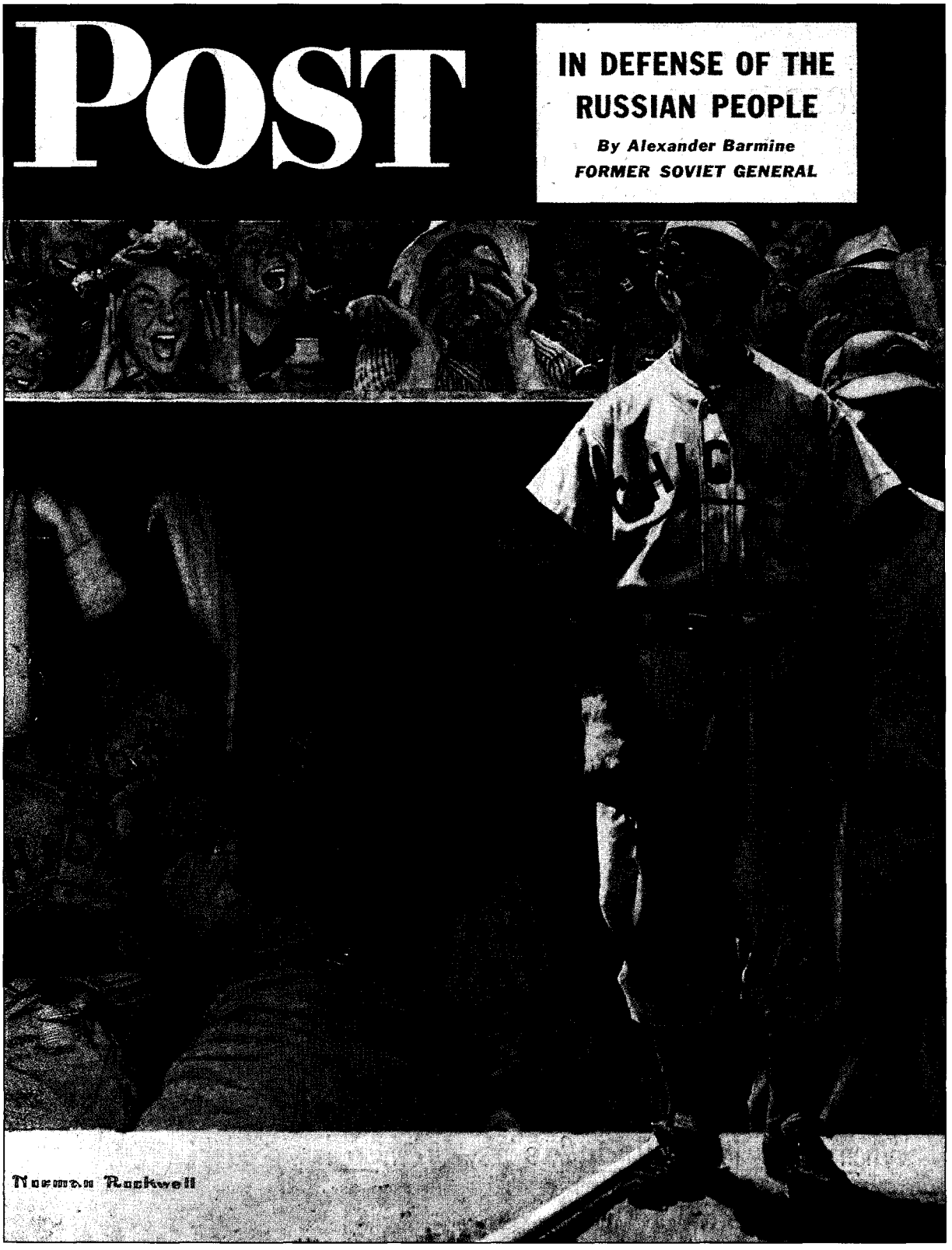

Boston fans were surprised to see a man stroll onto the field before the game and from time to time run into the stands to invite a spectator to a seat above the dugout. The man would then show disgust or pleasure and invite the fan to do the same, while a photographer took pictures. The man was Norman Rockwell, and he was collecting material for a Post *cover.*

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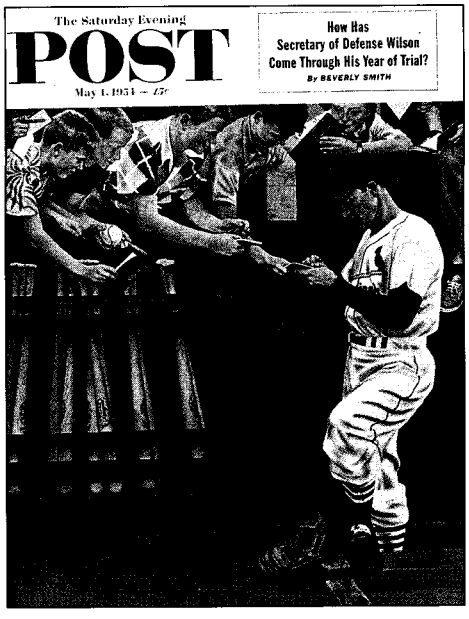
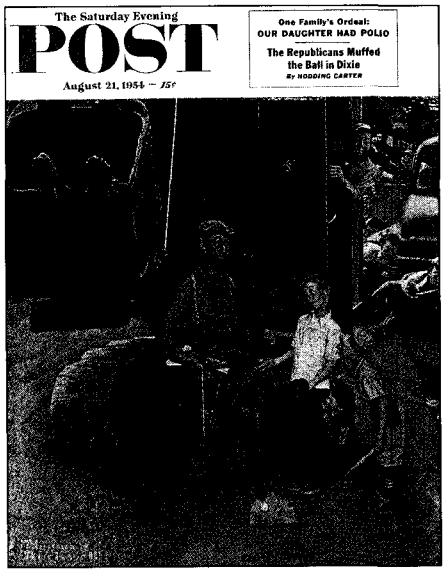
Baseball has come a long way, baby, but it may still have a tad yet to go. Is it only a matter of time 'til milady ballplayers don big league uniforms? Whether this will lead to uniforms in pastel colors, makeup kits in the dugouts, and bouquet presentations after home runs is pure speculation. This we are fairly certain of: If umpires think they have it rough now, wait till they call the dear girl out on a close one at the plate. They ain't heard nuthin' yet!



Artist John Falter got two kids excused from a St. Louis school to pose with Stan "the Man" Musial while he sketched this cover for the May 1, 1954, Post. Although the kids hated to miss school, of course, just to pose with a famous ballplayer, being friends of Falter they had little choice but to go through with the ordeal. Besides, they wound up with 40 Musial autographs, causing one of them to say, "Wow, will we clean up selling these at school!"



Big League teams end up in the cellar, it's true, but "Please, mister, don't dig your cellar here. Can't you see that this is our little Yankee Stadium? And how are we ever going to make it to the big Yankee Stadium if we have to practice on the roof of a house?" Left in the tender hands of artist Norman Rockwell, we can speculate that progress on the new house will be postponed—at least until the sandlot season is over.

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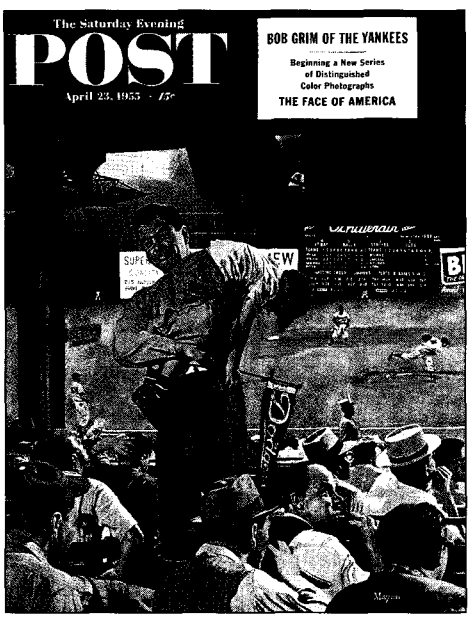
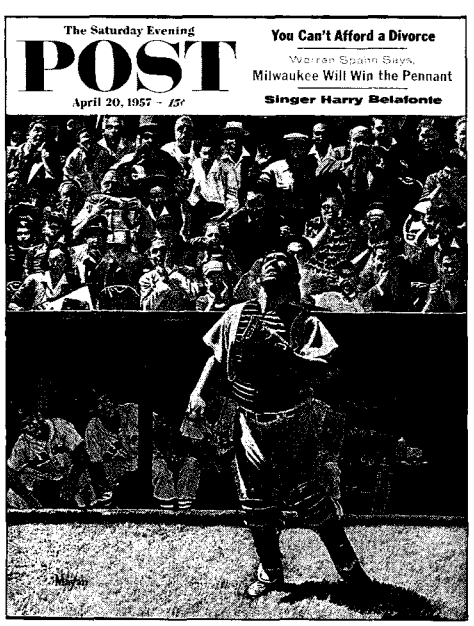
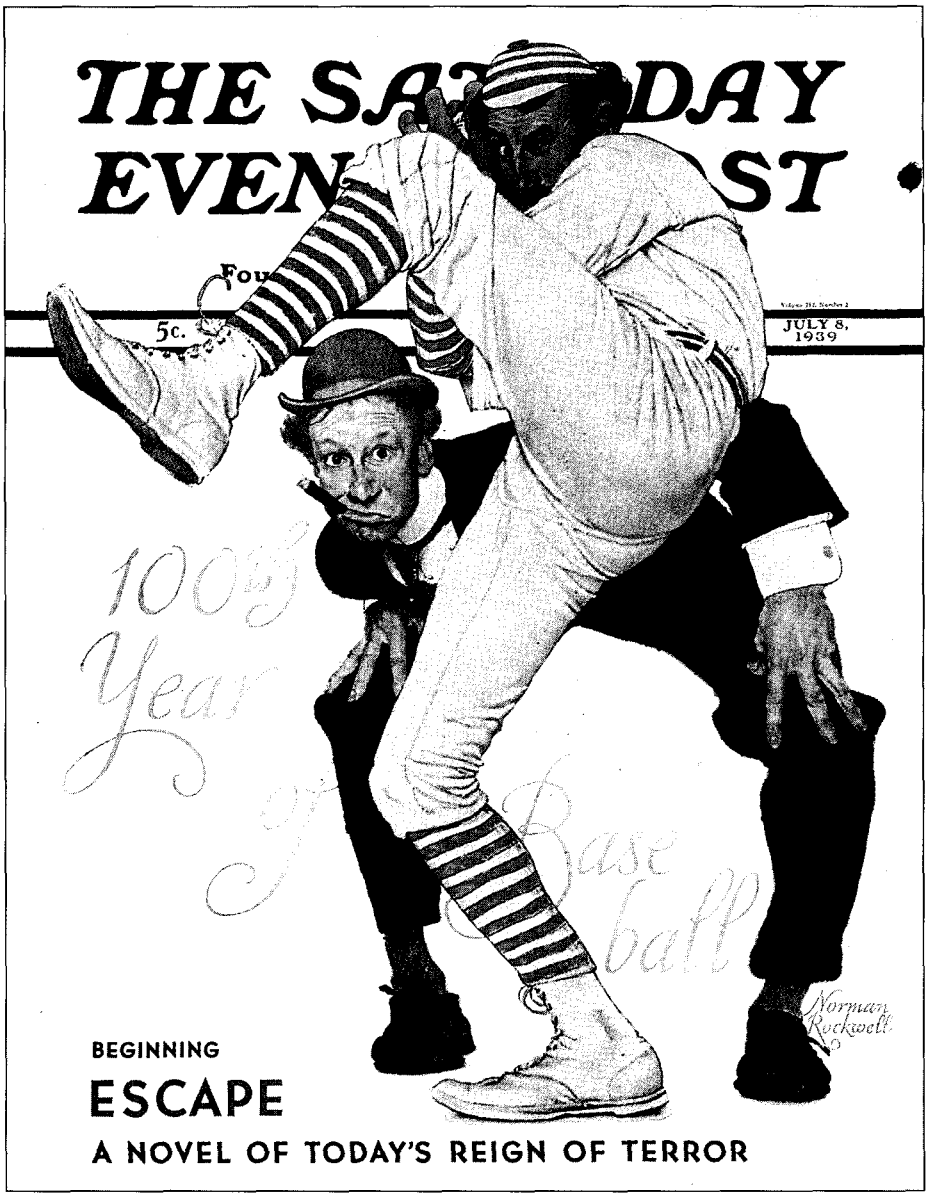
Wouldn't you know—top of the 9th, score tied 6 to 6, and the tension is too much for Junior, whose solution is to fall asleep. So what's a father to do? Earl Mayan could have left the boy uncomfortably sprawled in his seat, but being the compassionate painter he was, he chose to have the kid lugged off to beddy-bye, although looking somewhat like a sack of disinterested potatoes.


The Saturday Evening
POST
April 23, 1955 - 15c
BOB GRIM OF THE YANKEES
Beginning a New Series of Distinguished Color Photographs
THE FACE OF AMERICA


The Saturday Evening
POST
April 20, 1957 - 15c
You Can't Afford a Divorce
Warren Spahn Says, Milwaukee Will Win the Pennant
Singer Harry Belafonte

To see catcher Yogi Berra in action, cover artist Earl Mayan traveled to proper Boston where the improper New York Yankees were playing. Although the game was rained out, Yogi nevertheless posed for this scene of the hometown crowd shouting epithets at the opposing catcher to distract him from perhaps making the out that would end a losing game.



Norman Rockwell must have had a hard time deciding the format of this cover commemorating the 100th anniversary of baseball. He could have chosen the pitcher taking a hop, skip, and jump before delivering the ball on the bounce. Or the batter indicating just where he wanted the ball to be thrown. Or he could have shown the umpire holding up seven fingers, which would have entitled the batter to walk. But leave it to America's best-remembered cover artist to catch the spirit of those early days of the game.

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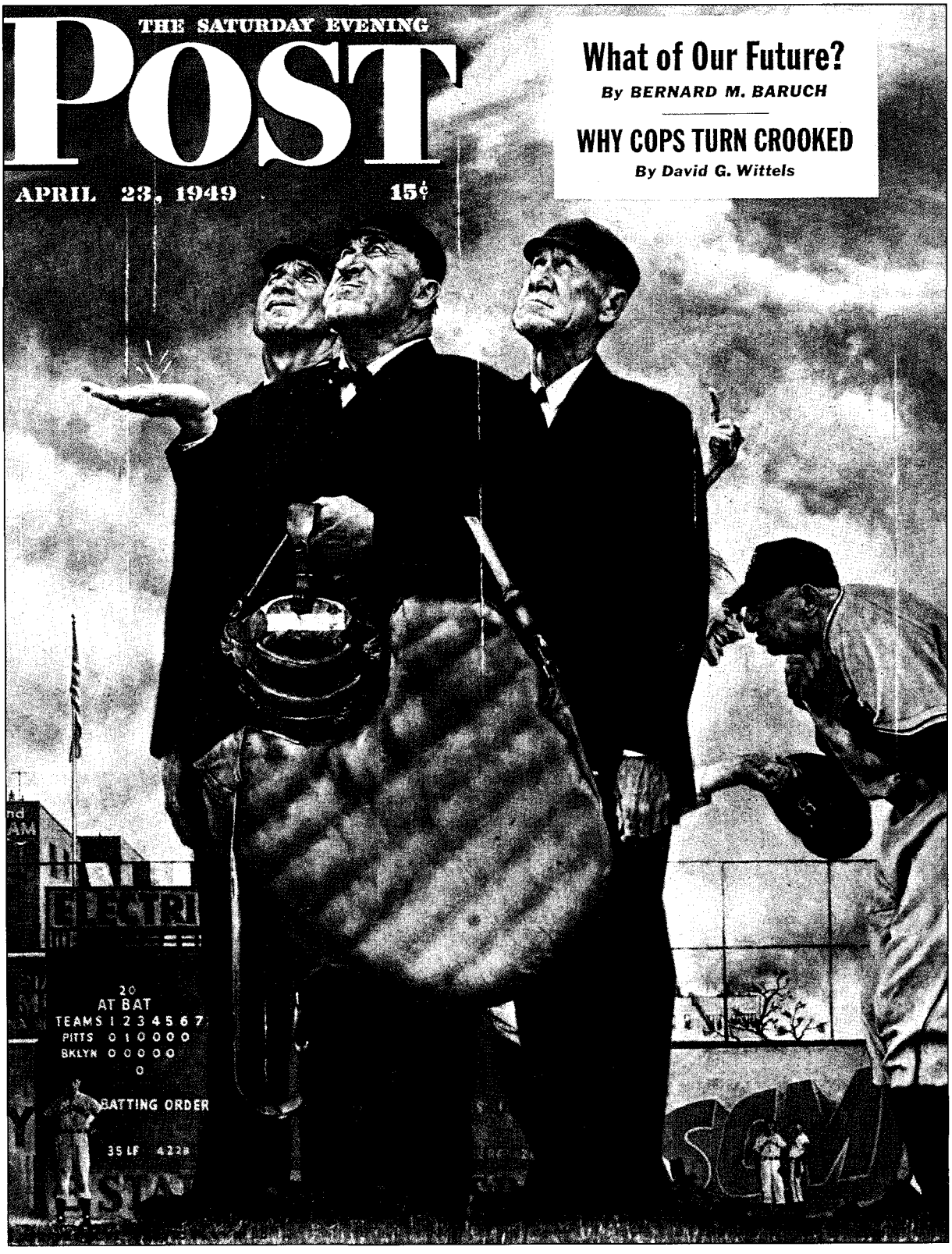

It remained for Norman Rockwell to come up with the umpires' dilemma concerning whether to call the game on account of rain. With the Dodgers trailing the Pirates 1 to 0, calling the game would give Pittsburgh the win. Anticipating the Brooklyn manager's contention that "it's not raining a drop," Rockwell has the Pirate manager huddled as if to reply, "How can we play ball in this?"

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TIME FOR TULIPS

For a spectacular spring garden, bulbs should be in the ground before the first hard frost.

by Lorraine Burgess

Plan a spring spectacular for your garden this fall. To make it happen you must get spring-flowering bulbs into the ground now. Not only will the effort make your garden a more exciting place next April and May, it also will make the bedding down of your garden for the winter seem a less sorrowful task. We've all discovered that a little anticipation is a strong antidote for the blues. So indulge yourself. Go shopping for tulips, daffodils, crocuses, squills, and hyacinths now. Plant each kind of bulb to the depth your supplier advises and get them into the ground before the hard frosts come. September into October is the ideal time.

Spring-flowering bulbs are all so easy to grow. Each bulb is a complete plant package. It carries its own food and, to a degree, its own moisture. The little bulbs—crocus, scilla, grape hyacinth, and snowdrops—bloom before winter is over. They race the forsythia for front stage. When you plant them, put out quantities of 50 or more for a good show. If you have a garden that maintains good summer moisture, you might try the more fragile twiglike bulbs of winter aconite (Eranthis). Soak them in water for a day before planting. They produce a golden carpet of bloom very early; for this reason they are sometimes called New Year's Gift.

Enjoy such pleasureful combinations as daffodils between the plants in a strawberry bed or grape hyacinths put down in the gaps in a vinca bed. As the spring flowers fade and their blades ripen and brown in early summer, their ragged foliage is disguised by the burgeoning companion plants.

Properly prepare the soil for a durable bulb garden year after year: bulbs like a moderately rich, well-drained soil.

"Tulipmania"

Daffodils bloom after the crocus and before most of the tulips. They range in size from the tiny perfectly formed half-inch trumpet of the Minimus or golden Hoop Petticoat, through the whole range of short cup and mid-sized varieties, to the giant King Alfred and the large-trumpeted Mount Hood. "Daffs" are best scattered downhill by the bucketful and planted where they fall. In northern gardens, where killing frost comes late, you should plant the bulbs deep. They'll bloom a little later and multiply more slowly. If you plant them at the recommended depth, they'll race the snows for your attention. Also they'll multiply more rapidly. This can give you an extra replanting chore every four or five years, but if you enjoy both quality and quantity, the task should be a pleasure rather than a chore.

Finally, introduce yourself to the wonderful world of tulips. You'll be exposing yourself to the exciting affliction long known as "tulipmania." It struck first in Europe in the late 16th century when the bulbs were first imported from Turkey. *Tulipa* comes from a Turkish word for turban, an allusion to the shape of the flower. After the first "epidemic" Dutch hybridizers sent their creations back to the Turks for scrutiny and another frenzy took place. In our century the fascination continues. We have a tremendously wide choice, from as many as 40 different species. Look for and grow the ground-hugging *Tulipa tarda*, and the charming water-lily type Kaufmanniana in apricot-orange, yellow and flame, or brilliant scarlet. Seek out the pure and strong-colored Darwins. Giants among them are Gudoshnik and Golden Freckles. They're beautiful from early bud to final unfurled flower. Try the ragged and quaintly shaped parrot tulips in stunning tropical colors, and the newer bouquet tulips with three to six flowers to a single stem. There are double varieties, often referred to as peony types. Viridiflora hybrids explore the world of greenish strains, and the lily-flowered varieties have pointed and strongly reflexed petals in picotee combinations as well as pure

continued on page 103

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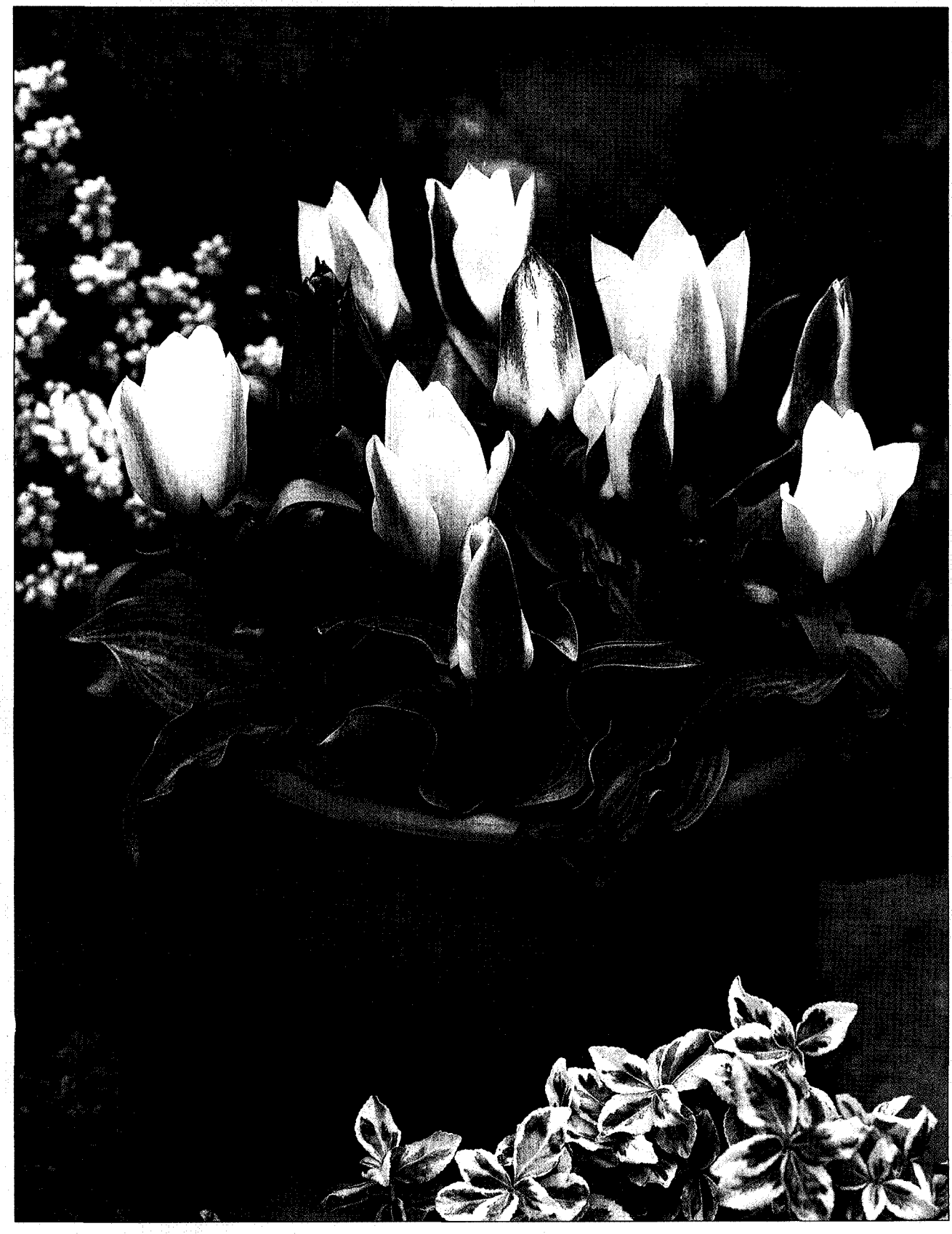

Wonderfully adaptable, tulips are ideal for terrace-container planting.

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FOR GENTLER AEROBICS, JUST ADD WATER

When it comes to muscle toning, an exercise program in the pool is now giving walking and jogging a run for the money.

by Jane E. Brody

Illustrated by Don Trawin

Before jogging and walking gave it a run for the money, swimming was America's favorite form of exercise. Now exercising in the water is making a strong comeback, even for people who cannot swim.

At pools throughout the country, programs with names like Aquacize and Aquamotion, water aerobics and aquarobics, aquadance and just plain aquatic exercise are finding a fast-growing audience. In many areas, there are waiting lists to join classes, which are limited by the number of year-round centers and qualified instructors.

When the weather is warm, beaches can offer at least one major water-based activity, aerobic walking in thigh-deep water. And outdoor pools with a shallow end can accommodate the full spectrum of water aerobics.

Why exercise in water?

Many people have heard of low-impact aerobics. Well, aerobics in water is virtually no-impact. Unlike pavements, tracks, and dance floors, water is a very forgiving medium, and although exercising in water is not totally without risk, the chances of bone and joint injuries are minimal.

The natural buoyancy of water reduces body weight to only 10 percent of what it is on land. Jogging on land subjects joints to a force three times the body's weight, and walking results in a force one and a half times your weight. Such pressures, repeated often and long enough, can result in permanent injuries, especially to the knees, as many runners know.

At the same time, water offers four times the resistance of air, toning and strengthening muscles through less intensive exercise than would be required, say, with calisthenics or weight-training equipment.

Water exercise also permits a more balanced workout, further reducing the risk of injuries that result from overdevelopment of some muscles with respect to their opposing muscles. Peggy Marchbanks, an exercise physiologist in Santa Barbara, California, who developed the exercise program called Aquamotion with Dr. Chris Lambert, explained that in water, people can work on muscle groups, like the hamstrings in the back of the thigh, the muscles on the inner and outer sides of the thigh, and the gluteal muscles in the buttocks, that are hard to strengthen in the usual activities on land.

Dr. Lambert, an emergency room physician at Santa Barbara Cottage Hospital and medical director of Target Fitness, a consulting firm, added that aquatic exercise provides a workout for both the upper and lower body. This is especially helpful to women, who tend to lack strength and tone in muscles above the waist.

Exercising in water is also often more comfortable than exercising on land. Water at temperatures in the low 80s, as most pools should be, enables you to stay cool while working out, no matter how hot the outdoor air. You sweat, but you don't notice it.

Who can benefit?

Although once considered a wimpy form of exercise, water exercise can help even highly conditioned athletes maintain and extend their degree of fitness, Ms. Marchbanks said.

It is considered ideal for people with joint and limb disorders and injuries, especially people with arthritis for whom exercise on land can further traumatize ailing joints.

After surgery for a career-threatening knee injury, the New York Knicks basketball star Bernard King was advised to work out in the water to maintain his muscle strength while his knee healed. Though a nonswimmer, he quickly overcame his fear of water for the sake of his game. After two years of intensive rehabilitation that included water exercise, he is a top scorer once again—for the Washington Bullets.

Dvera Berson, a 78-year-old former New Yorker who had been crippled by painful arthritis, devised her own water exercise program during a three-month vacation in Florida. Although she had no special training in physical therapy, the regime ultimately gave her a new life free of pain and disability. She describes the workout, which she does daily, in her book *Pain-Free Arthritis* (with Sander Roy), and in a three-hour, two-tape video, "The Berson Program for Pain-Free Arthritis."

Water exercise is also considered ideal for people who are overweight. In addition to providing buoyancy and cooling, water reduces the risk of injuries that can afflict joints and limbs stressed by overweight conditions. Working out in water is likewise helpful for pregnant women, who may easily tire and become overheated doing vigorous exercise on land.

What to look for:

The pool. The location and hours should make it possible for you to get to it three or more times a week if you want water exercise to be your main fitness activity. If you are injured or disabled, be sure

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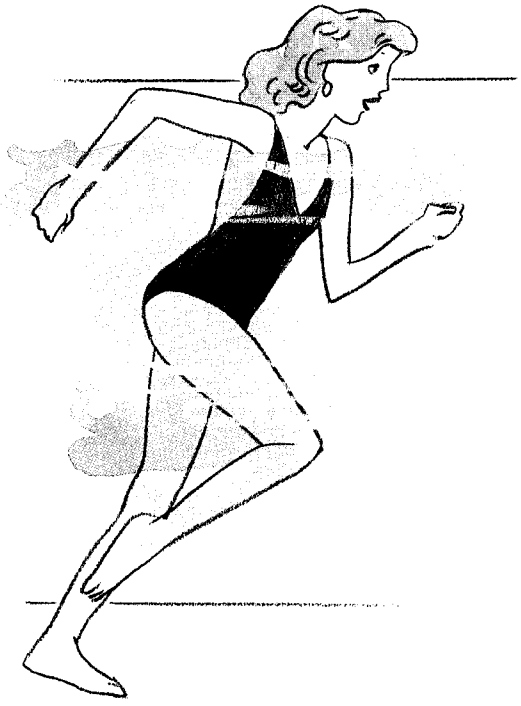
the physical layout, including showers and locker room, is accessible and, if needed, there is an attendant to help you.

The pool should have a designated area for exercisers to avoid run-ins with lap and recreational swimmers. Most programs are held at the shallow end, which is especially important if you are a nonswimmer. Ideally, for a vigorous water workout, the water temperature should be 80 to 84 degrees (84 to 86 for people with arthritis).

The program. If you are using water exercise simply for muscle toning and strengthening, almost any program can help. But if you are also seeking to promote cardiovascular fitness, it is important to find a program that includes a 20-minute segment of continuous exercise at a level that increases your heart rate. The program should have a warm-up

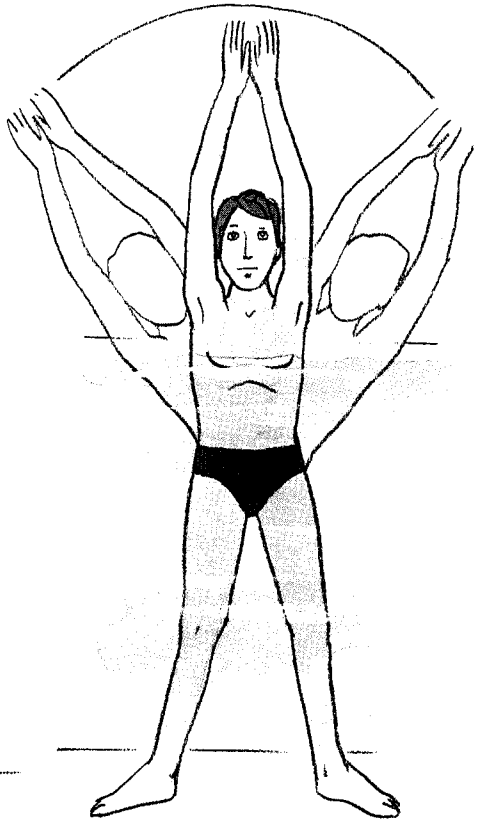


Water Walking/Jogging

Water walking/jogging immediately adjusts your body to the temperature of the water and its resistance, helping you to warm up.

Standing in chest-deep water, walk, then jog through the water forward, backward, diagonally, and in a circle. You can also "bob" in place, with a half-knee bend.

Move your arms back and forth in a pumping action underwater, coordinating them with your walk or jog, as if you were on land.



Overhead Extension

This warm-up develops a good streamlined body position.

Extend your arms overhead, upper arms covering your ears, elbows straight, thumbs touching. Slowly stretch from side to side at the waist, keeping your arms straight throughout.

Arm and Leg Stretch

This is an overall stretch for general body conditioning. Stand by the wall in waist-deep water and grasp the pool edge with your right hand. If you can, raise your right foot up to rest on the edge, in front of your hand. Otherwise, place your right foot at a lower point on the wall for a comfortable extension. Reach with your left arm overhead in an arc toward your right side. Hold the stretch, return to your starting position, and reverse.

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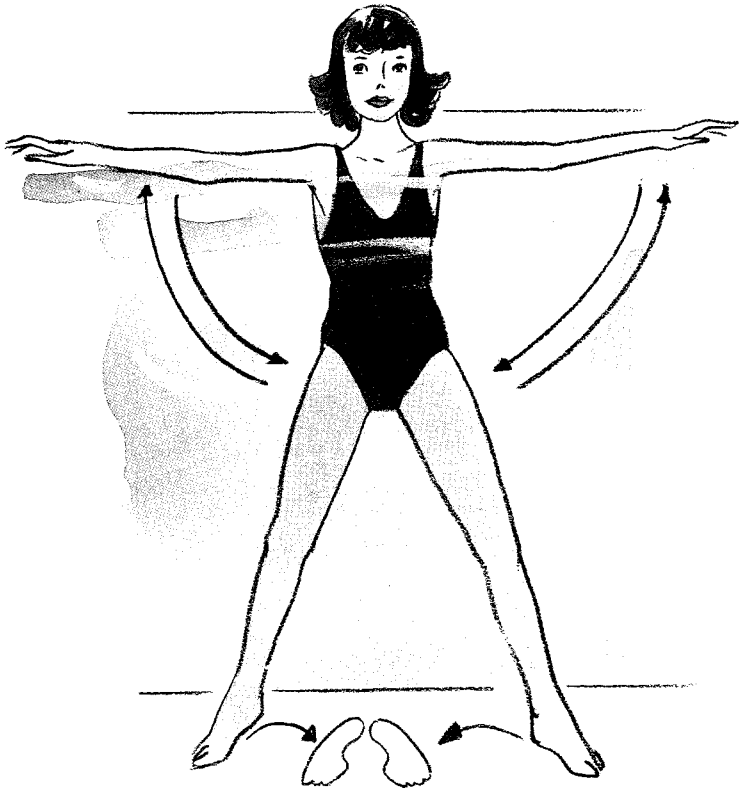
and cool-down period of 5 to 10 minutes and enough variety to sustain your interest.

Equipment. No special equipment is needed, Ms. Marchbanks said. Some programs use balls, weights, hand fans, plastic bottles, boots, and gloves that increase the resistance of the water; these can intensify the workout, but can also increase the risk of injury, she said.

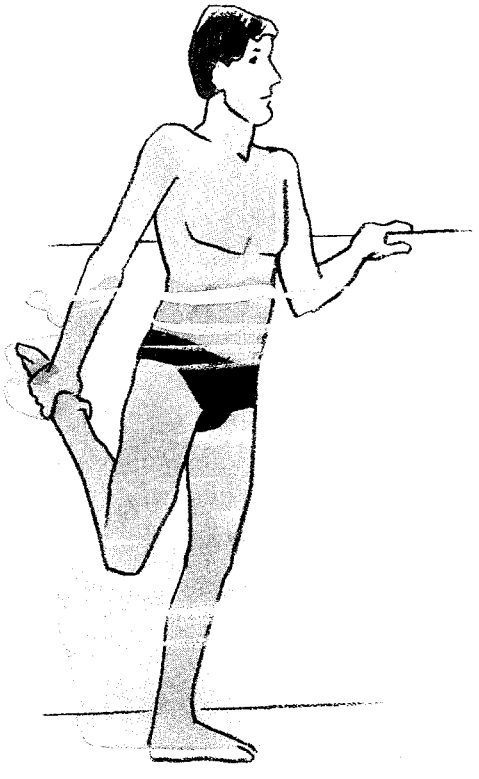
The instructor. Dr. Lambert said aquatics teachers should be experienced at teaching exercise classes and should have some training in basic first aid or cardiopulmonary resuscitation.

Ms. Marchbanks looks for instructors who, in addition to being well-versed in basic physiology and movement, are "caring, open, enthusiastic, easy to approach, and willing to provide individual help if needed."



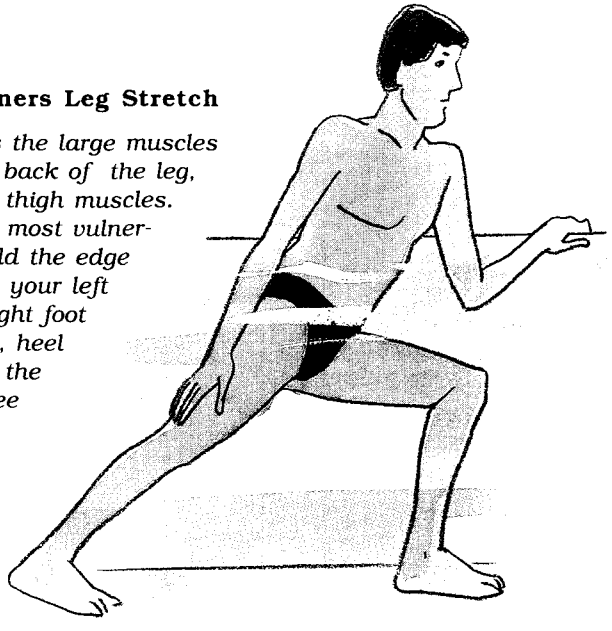
Aqua Jumping Jacks

Start in chest-deep water with legs together and arms at your sides. Jump up, extending arms to the side. As you come down, your legs separate into a "V" position, your arms on the water's surface. Jump again, bringing arms down and feet together.



Runners Leg Stretch

This exercise stretches the large muscles of the legs, e.g., the back of the leg, the calf, and the front thigh muscles. These are the muscles most vulnerable to cramping. Hold the edge of the pool ledge with your left hand. Place the right foot straight behind you, heel touching the bottom of the pool. Bend the left knee and lean forward while stretching the extended leg. Change leg positions and repeat.



Runners Leg Stretch

Holding on to the pool edge for support, lift your right leg and bend it behind you as if folding it against your body. Grasp your right foot with your right hand, and pull the foot toward your right buttock. Release your foot to a standing position. Repeat on the left side.

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A Will doesn't protect our loved ones against paying huge fees to lawyers, executors and courts for even the smallest estate. Probate can slice up to 10% or so from an estate and take months or years for final settlement.

In fact, the only thing worse than having just a Will is the nightmare that's created when you have no Will at all.

Because then the State steps in to decide who gets our assets -- our bank account, home, car, valuables, other possessions. Money we've worked so hard to earn is gobbled-up by court and legal fees before our heirs ever get one penny.

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A Living Trust has been praised by our nation's leading financial planners, and reported in publications such as The Wall Street Journal, Money Magazine, Business Week and others because:

- It eliminates the costly and lengthy probate process. The estate goes directly to your heirs without going through the courts.
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- It gives you complete control of your estate to make sure that all your wishes are carried out.
- A Living Trust is revocable, which means that you can change your mind at any time about who is going to receive your assets.
- It gives you the right in most cases to name yourself as a trustee, and your spouse or someone else as a co-trustee. Plus the right to change trustees at any time.
- If you own out of state real estate, like a vacation house or cabin, you can save a bundle by avoiding the need for probate in a second state.
- Unlike a Will where your finances and everything you own is a matter of public record for anyone to see, a Living Trust is secret.

The Wall Street Journal reported that it takes two years to complete the average probate in California. The article also stated that since a Living Trust is much faster, cheaper, and more private than settling a Will, there are many advantages to using a Living Trust instead of just a Will.

And Business Week reported that many people are using a Living Trust instead of a Will to reduce the possiblity of heirs fighting over your estate.

You must never forget that a Will must be probated and the fees for the probate lawyer and executor -- not including court fees -- range from 6% to 10% and are paid before any of your heirs receive their inheritance. That can take a big chunk out of even the smallest estate when attorneys charge anywhere from $60.00 to $150.00 an hour or more!

Look at what happened to the modest estate of Simon Morris:

- The Will of Simon Morris, a Florida resident, left $77,500 in cash to his widow. Before she could receive it, the probate process grabbed $9,375.
- Mr. Ken Bradley left $144,567 directly to his surviving spouse. The probate "fees" of $8,500 were appealed by the widow. The court ordered a refund of $7,750 with interest.
- R.L. Roberstone probably thought his Will would get his $162,114 safely to his heirs. As they found out probate fees amounted to $6,484.59.

The pity of it all is that these people could have avoided having large bites taken out of their hard-earned property by using a Living Trust. They could have passed every cent to their loved ones without squandering money on probate.

If you think a Living Trust is only for millionaires --- you couldn't be more wrong. Whether you earn $25,000 or $100,000 a year -- and whether your assets are huge or small -- a Living Trust will save you money. In fact ...

... on a percentage basis Living Trusts save more on small estates than large ones!

And you can save even more because we have shown hundreds of thousands of people just like you how to do it. It's simple.

The DSA Living Trust Kit was developed after much research with a team of legal scholars and practicing attorneys. It explains in easy-to-understand language how to set up your own Living Trust.

Instructions and guidelines are written in simple English. Illustrated step-by-step forms show you how to custom-tailor a legal trust to meet your special personal needs.

- Titles to your real estate, automobiles, boats, stocks, etc. are all safeguarded in your Trust.

Though DSA's exclusive Living Trust Kit will save you a small fortune -- and save your loved ones thousands of dollars later on -- we have kept the price especially low to enable everyone to benefit from it. Less than the cost of a good dinner out. We are so certain that you will find it invaluable that we insist you examine it on a 90-Day No-Risk Guarantee. It's easy to get your Living Trust Kit. All you have to do is print your name and address and the words, "Living Trust" on a plain piece of paper. Send it along with your check or money order in the amount of $19.95 plus $2 handling or charge to your VISA/Mastercard by including account number and expiration date to: DSA Financial Publishing Corp., 708 - 12th St. N.W., Dept. W1523, Canton, Ohio 44703. For even faster service, VISA/Mastercard or C.O.D., call toll free 1-800-321-0888, Ext. W1523.

Send for your Living Trust Kit within the next 15 days and you'll also get a Free Bonus Report on estate planning. The supplies of this very unique report are limited so you must act now.

Examine and use the Kit in the privacy of your home for 90 risk-free days. Show it to your lawyer. If you are not 100% convinced it's everything you expected -- don't keep it. Simply tear off the cover and send half of it back. You will receive a full refund. Fair enough?

A Living Trust is too important to put off another day. Order by phone or mail now!

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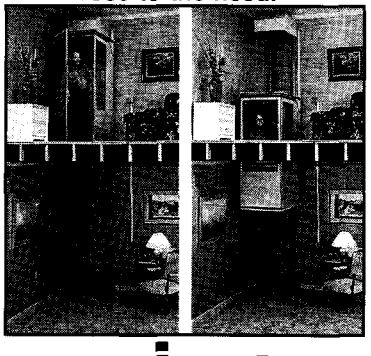

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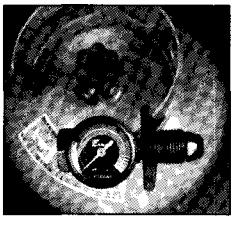

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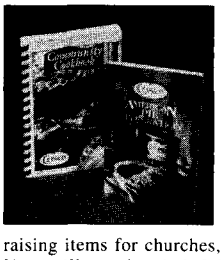

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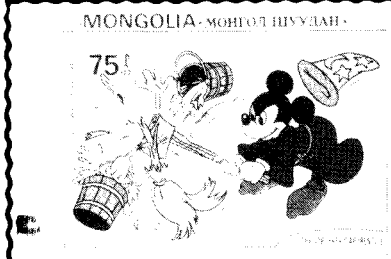

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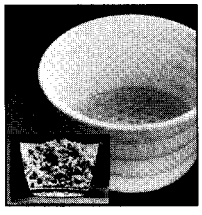

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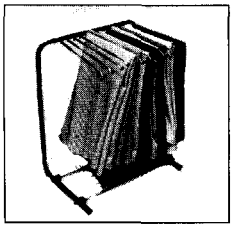

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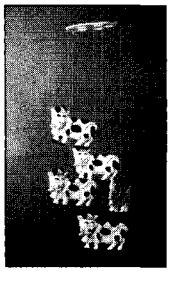

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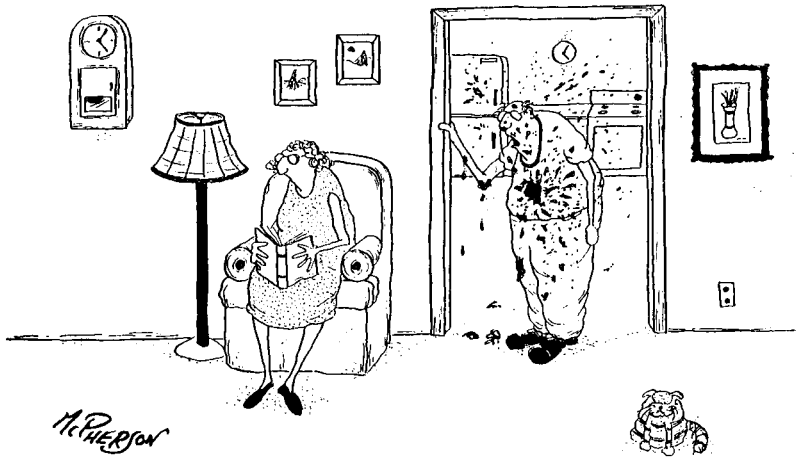

"You didn't happen to see the lid to the blender come through here, did you?"

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One Angry Heiress

continued from page 45

parking area."

"I'll make an honest bid. I'll be darned if I do anything else."

That was what Burt said, that was what he meant, and that was the frame of mind in which he and I went to the meeting of the town council.

The council meets in the fire hall. We push out the pumper, which came off the production line in Detroit in 1934 and is still a fine old chuffer, if I say it—as I shouldn't, since I am fire chief. The council members are a couple of chicken farmers, a couple of businessmen and a couple of unemployables like Elmer, plus Scooch Schoonmaker, town supervisor, who sits as chairman. It was a night in late May, warm enough to have the windows open.

The minutes of the preceding meeting were read, old business was disposed of, and we came down to new business.

"Now we have this letter from Ann Peak," said Scooch. He is a tiny, dried-up little gnome, tough as rawhide, who wears a blue denim jacket the year round. I've seen him out driving a snow plow at 30 below in that thin jacket. "Miss Peak has given us permission to sell off a piece of town property according to the terms of the original grant. The property was deeded to Tongorville by Silas Peak, and the deed is recorded in Liber 322 of Deeds at page 88. I see the interested parties are here, so let's get on with the sale." Scooch uses the English language surprisingly well for a man who got his education in a one-room schoolhouse.

I stood up. "Mr. Chairman," I said, "in behalf of my client, Mr. Beal, I'd like to make a statement for the record." This was my idea, not Burt's.

"Go ahead," said Scooch courteously.

"Mr. Beal," I said, "wants to buy this lot on Mohonk so he can put a parking area behind the Bijou, as I think the members of this council know. A parking lot will be good business not only for Burt but for every merchant in town. It's Ann Peak's intention that Burt should have the lot for this purpose. Therefore no offer, other than my client's, can be regarded as bona fide. Any other must, from the nature of the case, be speculative, will alter Miss Peak's intention, and will furthermore deprive the town of the parking area, since my client owns the vacant space behind the theater, and you can be good and sure he isn't going to hand it over to the rival bidder. I ask that this statement of mine be recorded in the minutes of the meeting, and I ask you to take it into consideration in auctioning off the property."

"It's in the minutes, if Patricia's shorthand kept up with you," said Scooch. "But we can't give you any special consideration, Skunk. You know that. The law calls for an auction. An auction it has to be, open to all comers."

"I just wanted to make a public statement so the town can compare the motives of the two bidders after the sale is concluded one way or the other," I said, and sat down, and the chairman called for bids.

"One hundred dollars," Burt opened.

"Two hundred," came from Hellen-

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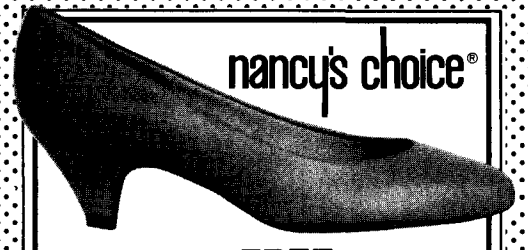

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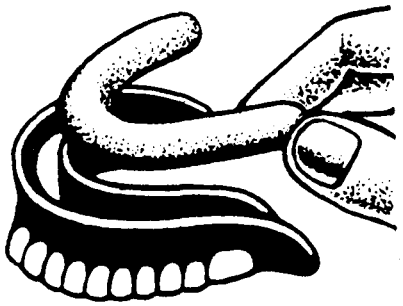

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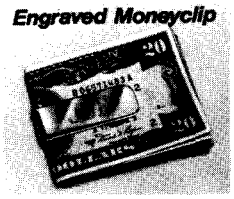

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barger, from the rear row of folding chairs. If he felt any shame, it was certainly invisible to the naked eye. He had a big smile on his skim-milk face; as a matter of fact you might have thought he was buying watermelons for an orphans' picnic.

"Two-fifty."

"Three hundred," said Hellenbarger.

Burt tried to throw a scare into him. He lighted a cigarette, blew out smoke, leaned back on his chair and jumped the bid, "Five hundred."

Hellenbarger didn't scare. "Six."

Burt's knee was against mine; I could feel it shaking. "One thousand," he said. . . . Money in four figures he didn't have. There was going to be another loan taken out at the bank.

Burt's thousand-dollar bid did give Hellenbarger a surprise. After a moment a gleam came into his eyes, however, behind the big round spectacles. Say, he was telling himself, this guy wants the darned lot worse than I thought; he'll crawl to me for it no matter what I pay for it. "Two thousand," he said.

"Twenty-five hundred," said Burt, his upper lip tight against his teeth.

"Three thousand dollars," said Hellenbarger, sure of himself.

There was silence.

"Any more bids?" asked Scooch . . . . "No more? I have $3,000. Going once at 3,000—going twice at 3,000—going three times, and sold to Oliver Hellenbarger for $3,000. Well, my friends, I guess the town can afford new shale on the roads this year."

I saw the newsreels of those marines in Korea when they had to retreat. Burt had the same sick expression on his face. He rose without a word and walked out of the firehouse, or rather marched out, his shoulders square and his chin up, and I followed.

We went down Front Street to the Onteora Tavern, where I bought him a double rye.

"Well," I said to my client, "you stuck him for 3,000 bucks, anyhow."

"Correction," said Burt. "I stopped at 2,500 because that was the most the lot was worth to me. He stuck himself."

"You're sure you won't change your mind now, in a few weeks or months, and go to him?"

Burt laughed. The sick expression was gone. "That'll be the day," he said. "So I'll do less business. So what?"

"It just gripes me," I said, "to see the bad cowboy on the black horse win out over the good cowboy on the

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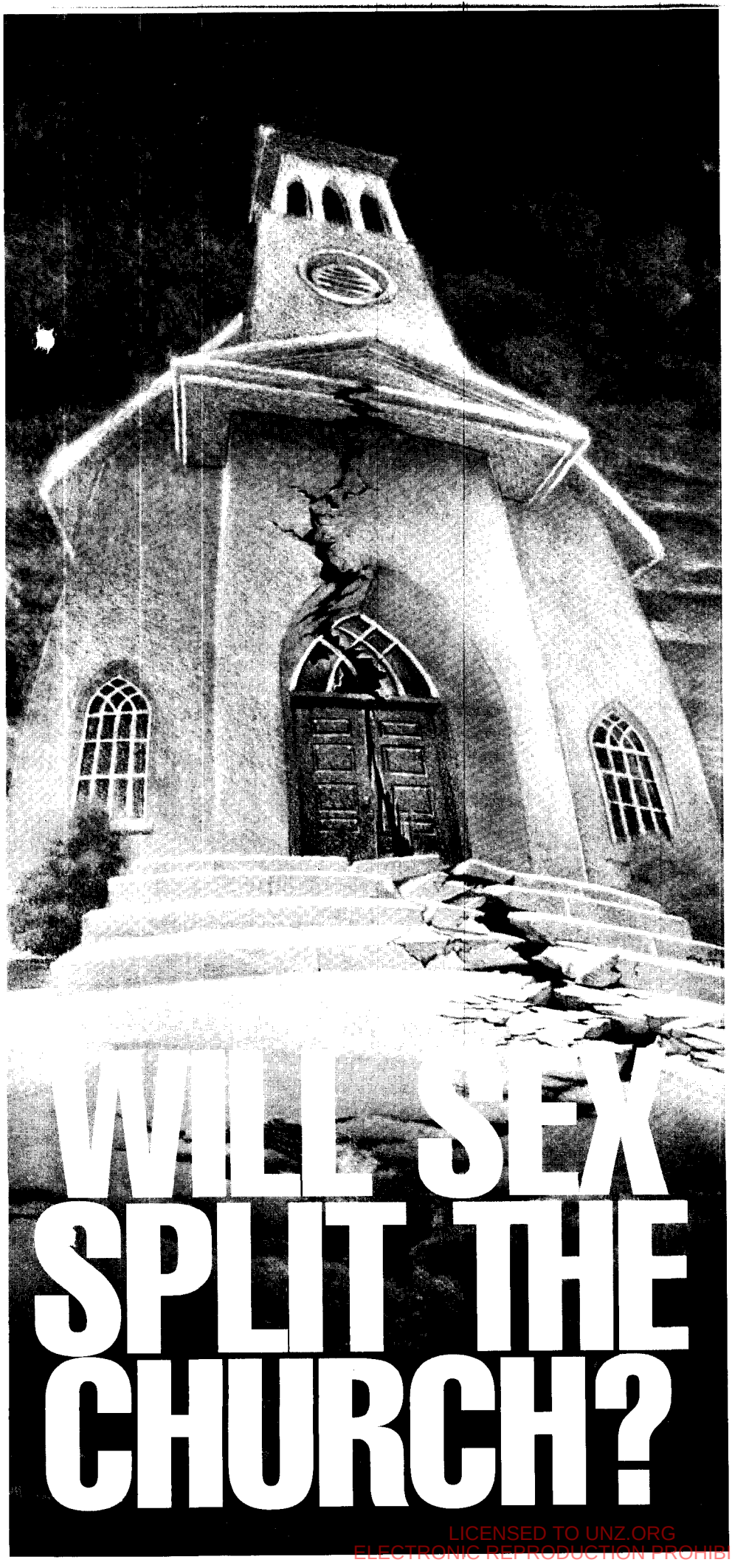

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Doctor Tips on Chest Pain and Clogged Arteries

(SPECIAL FEATURE)–If you regularly have chest pain, ringing ears or even leg pain ...your arteries may be clogged...and you may be on your way to a heart attack or stroke. A remarkable health guide by Dr. Edwin Flatto is now available that reveals a medically tested method that can stimulate your arteries to cleanse themselves–the natural way–without drugs or surgery.

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white horse. I hate to see a minus sign like Ollie put a cork in your bottle."

"It happens," replied Burt, cheerier every second. "A minus sign named John Wilkes Booth put a cork in Abraham Lincoln's bottle. That's why we have a big white-marble John Wilkes Booth Memorial in Washington, D.C., that all the school children visit. Not that I'm comparing myself with Abe Lincoln, but do I make my point?"

"You do," I said. "Let's have another round."

"We'll drink," said Burt, "to my firstborn. He or she is on the way, Dorothy told me this afternoon."

"Congratulations," I said. "Here's to Young Abe, may his tribe increase, for we sorely need it." I lifted my shot glass again. "And here's to the perennial perpetual poor. Us."

I was so sore, just the same, that I couldn't get to sleep. I lay awake multiplying 18 feet 6 inches by 30 feet, the depth of the barbershop lot, and dividing $3,000 by 555. Hellenbarger had paid better than five bucks a square foot for a piece of dirt that was never going to give him any comfort or sustenance. That was some satisfaction.

This was the last Thursday night in May, with the Yankees still in the cellar and Able and Baker, those poor mites, on their way home from their rocket ride to report to the other monkeys. Sunday morning at ten o'clock, or a little after, the phone extension in my apartment gave its feeble rattle. (I have the bells muffled with friction tape because I'm getting irritable in my old age.) Miss Peak was on the wire.

"Good morning, Skunk," she said. "I was wondering if you'd like to go to church with me."

"Ann," I said, "you know I go fishing Sundays."

"Yes, and I know you go at dawn," she said. "Change your clothes, you dirty old bachelor, and I'll be by to pick you up."

My head is never good on Sunday mornings, due no doubt to something I drank, so I was halfway into my good blue suit before I remembered Ann Peak didn't own a car.

She picked me up, just the same. She picked me up in a four-wheeled, two-seated, open-top surrey that glistened with varnish, although it must have been sitting in the barn behind the Peak house for 60 years. Effie Whittemore was driving the horses, a pair of glossy chestnuts. Burt and Dorothy were on the rear seat, Burt holding the folded aluminum wheelchair across his knees. They were all dressed up for church too.

"Where in God's blue empyrean did you find carriage horses in this day and age, Ann Peak?" I asked. "What is this, a publicity stunt?"

"The horses came all the way from Virginia in their own trailer, and it isn't a publicity stunt," said Miss Peak. "We're going to church, that's all. You smell of fish, but climb in."

We bowled down Front Street, clippety-clop, with people on the sidewalks too openmouthed with astonishment even to laugh or make rude remarks, and turned over to Mohonk with half the town tagging after us.

"We have to stop a minute at the barbershop," said Miss Peak. "I told

continued on page 91

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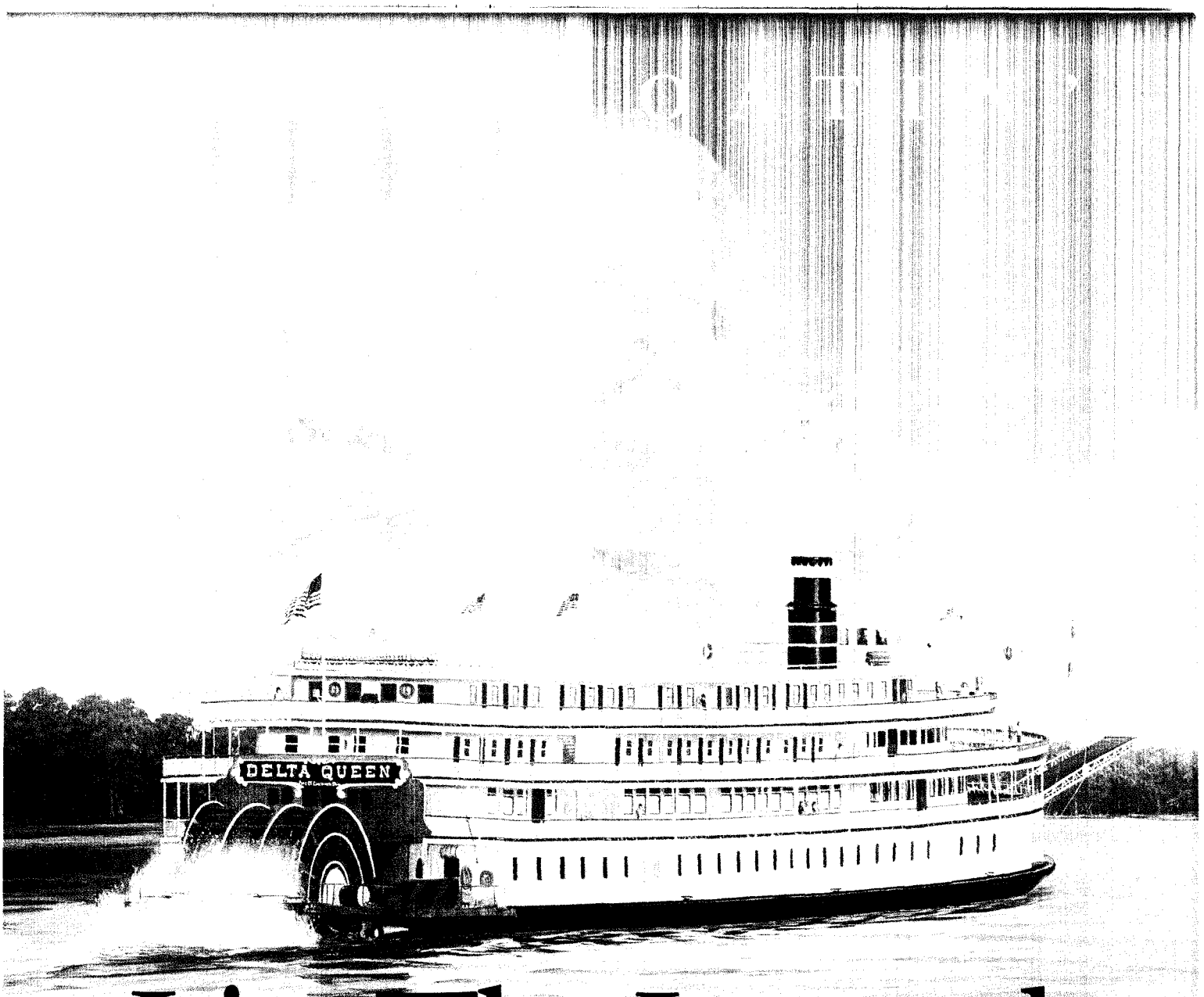

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Cole Porter medleys and seven-course dining turn this train trip into a sentimental journey.

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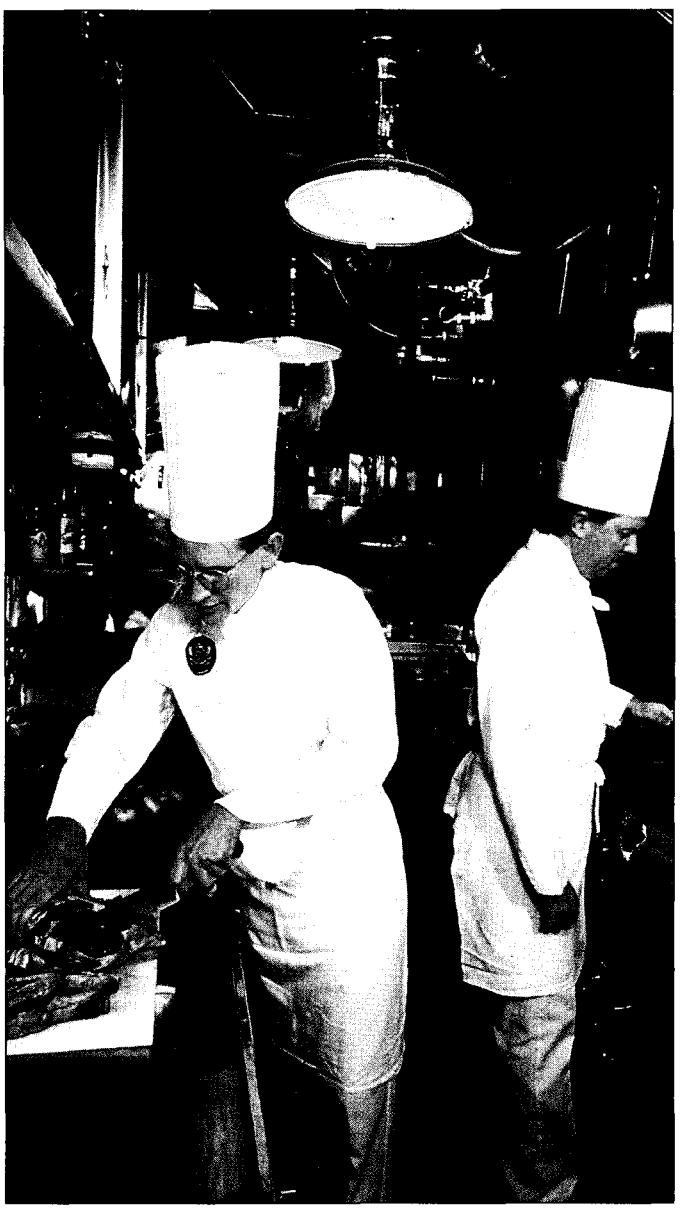

"In ten minutes something will happen in this dining car that has never occurred before aboard this train. It'll be self-explanatory," said the *chef de train*, answering a request for a tale of intrigue and romance.

Shortly after, a young couple walked into the 40-seat Zurich Dining Car, a room whose colors are warm and inviting and highlighted by mahogany paneled walls with bird inlays, paintings, and polished brass sconces. The young man resembled a rock star with shoulder-length blond hair and boa constrictor cowboy boots. The woman was more subdued with dark hair and a short black dress.

The chief steward served them a bottle of 1987 Dom Perignon. After toasting the woman, the 27-year-old New Jersey sales representative dropped to one knee and, clutching her hands in his, asked, "Will you, Joy Dorice Guastella, marry me?"

BY CAROLYN HUGHES CROWLEY

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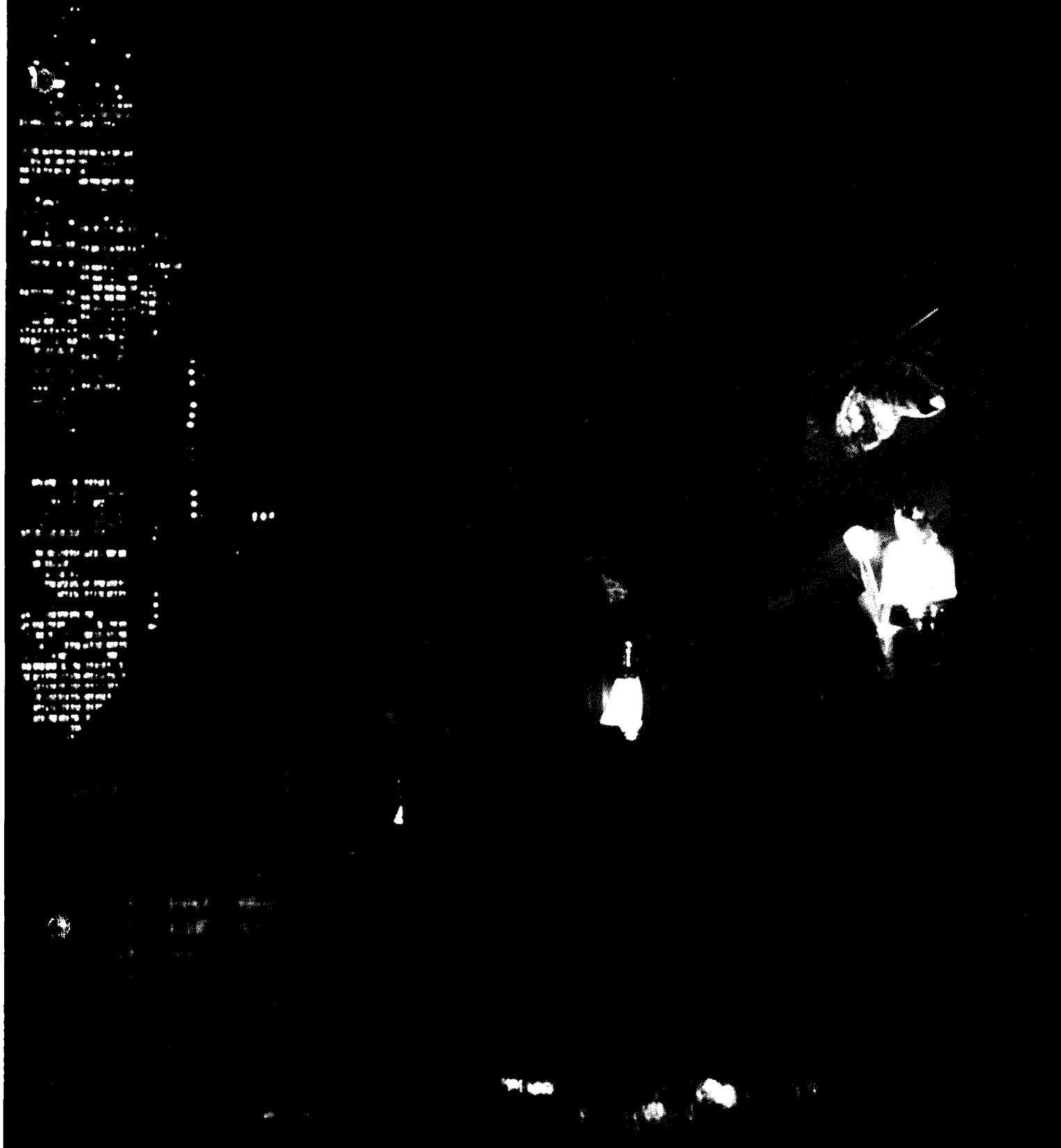
The sleek American-European Express is not just a once-in-a-lifetime experience. Many travelers are repeat customers who prefer laid-back luxury, black-tie dinners, and the scenic route to Chicago.



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The startled 32-year-old catalog designer answered immediately, "Yes, Karl Schafer, I will marry you." The couple embraced. The chief steward then brought forth a silver platter holding a black velvet case atop Belgian damask linen folded in the shape of a rose. Schafer opened it and removed an $11,000 radiant-cut diamond ring and placed it on her ring finger. In the club car the next morning they drew up the list of guests for their October wedding in a New Jersey museum.

The chic American-European Express (AEE) train, considered by many to be America's most luxurious travel experience, has everything, even intrigue and romance. Twice a week it travels round trip both eastbound and westbound, with New York and Chicago as the terminating points. It stops in Philadelphia; Wilmington, Delaware; Baltimore; Washington, D.C.; the Greenbrier Resort in West Virginia; Indianapolis, and Chicago.

The train is operated in conjunction with the storied Zurich-based Nostalgie Istanbul Orient Express, which explains the European half of the train's name. Operating since 1977, it runs luxury charter railroad trips twice a year from Paris to Istanbul.

"For the first time in this century, the finest train in the world isn't European. It's American," declares William F. Spann, who masterminded AEE's $15 million creation. The Florida developer is owner and president of American-European Express.

"As a kid, I had a train that ran around the Christmas tree. Like all kids, I had fantasies of the train running out from under the tree and going off to great, exotic places with me being the conductor. Well, this one got out from underneath the Christmas tree," Spann continued.

The Union Pacific Railroad built most of AEE's cars in the 1940s and '50s. At the time Spann bought them for AEE, derelicts and hobos were using many of them as homes. At a cost of more than $1 million each, the cars were gutted and refinished by skilled cabinetmakers and yacht builders in Panama City, Florida.

"Their windows were broken, copper and brass stripped, walls cracked, and doors and floors shattered. In general, they were only reflections of their proud past," Spann says.

Thanks to his efforts, luxury travel has returned to American tracks. "It died in 1967 when the 20th Century Limited ended its run. We've survived as a nation without it, but Americans deserve alternate means of transportation," he says.

This train, which began service in 1989, combines bygone elegance with modern conveniences like air-conditioning, a fax machine, and cellular phones. When you're in the mountains though you might be temporarily beyond technology's range.

Traveling on this train is relaxing. "No one is asked to strap himself into a seat on an American-European Express train," Spann said. "There are no trays to snap into place, no microwaves, no approach patterns, thunderstorms, runway congestion, plastic forks or paper napkins. Instead there are beauty, peace and polish, and time to enjoy it all."

A single journey can accommodate up to 166 passengers and a staff of 22. Each train consists of a locomotive, baggage car, five or six sleeper cars (depending on ridership), two dining cars, a club car, and a parlor lounge/observation car.

If two people are traveling together, detailed negotiations are necessary in the tiny mahogany and marble bedrooms. They contain a toilet and enamel sink, individually controlled air-conditioning and heating, storage space for luggage, and a closet to hang four items.

When the beds are up, you sit facing a wall three feet in front of you. When the bunks are down, one person should stay in bed while the other moves around or uses the bathroom, or there'll be a lot of bumping into each other. Spann calls this "train etiquette" and insists experienced travelers do it automatically.

"If they've known each other a long time, the bedrooms will do," he said. "If they're getting to know each other, they should take the Presidential Suite," which has room to walk around in, or the drawing room, which is a larger bedroom. The Presidential cabin has two single beds on the floor, with a night table between them (the beds fold up to make two sets of facing armchairs by day), a built-in chest of drawers, a small table for writing, with its own chair, and a private shower.

All other travelers shower in a compartment at the foot of each sleeping car. Before retiring for the night, the passenger sets the times with the porter for a wake-up call and a shower. The next morning the porter brings a terrycloth robe and sock slippers. On a table in the shower's dressing area are shampoo, bath oils, and soap. A sign in the shower politely asks travelers to limit their showers to three minutes to conserve water, although there is plenty of hot water.

Hours and miles fly by when "Mr. Bill," the* chef de piano*, takes requests at the baby grand in the club car.

Bill Andrew, "Mr. Bill," or *chef de piano* as everyone calls him, plays 1920s to 1940s Gershwin and Cole Porter tunes on the ebony-finished baby grand piano in the St. Moritz club car. "I often play medleys, such as four or five songs with the word moon in them—'By the Light of the Silvery Moon,' 'Blue Moon,' 'Moon Glow,' 'Moonlight Becomes You,' " he says. To some rowdy groups he hands out songbooks for rousing after-dinner sing-alongs.

The club car has a midnight blue ceiling with the Milky Way sweeping across it in 23-karat gold leaf. Swiss Alps meet the sky on both sides of the car, creating a majestic mountain scene. An ebony-and-black-granite bar is at one end of the car.

Travelers eat every two hours, beginning with a champagne-and-canapé reception when they board. Dinner is a seven-course gourmet meal.

"I don't want people leaving here

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bloated," said chef William Stepek. "I try lighter versions of French cuisine with oriental or California flavors, not rich, heavy, classical French sauces. They're lightened with reductions and not finished with creams." Passengers can request nutritional or special menus when making reservations.

Atop the piano each morning is a continental breakfast of breads baked on the train. Travelers can eat a three-course American breakfast in the dining car and two hours later a delicious lunch there. Settings consist of fine china, oversized silver flatware, and faceted crystal glasses. At a additional charge, passengers can order from an á la carte menu, which includes caviar, pâté, small appetizers, and a choice of four entrées. Room service is available, including railroad coffee served by the pot and an hors d'oeuvres plate of caviar, salmon, and pâté de foie gras.

The coaches sway back and forth much less than most travelers remember other trains doing. When the restorers rebuilt the coaches, they set lead into the floors to baffle sound and add ballast, making the coaches heavier so they ride more smoothly.

Attire aboard the train ranges from formal evening wear to sophisticated business attire. In both the club and dining cars, jackets and ties are required of gentlemen during evening travel. "Black tie is popular among gentlemen for evening service," as a brochure AEE sends to travelers before their trip states.

Children are welcome aboard although an adult must accompany all those under age 16. They must also share a room with an adult when traveling overnight.

Rebecca Yount, a Washington, D.C. psychologist, says AEE "is a great way to travel with a child, because Samra (her three-year-old daughter) can socialize with the other passengers . . . We spent at least two hours sitting and watching burgs and rivers go by. We waved to people in front of houses and factories. This is what much of America looks like, small towns and farms," Yount said.

Repeat passenger Alan Demovsky, who owns a legal service in New York, calls the train "the nicest one in the country, that's for sure. This is a train for people who love trains. I'm almost a little embarrassed. I don't like to be pampered so much. You leave your luggage in the office when you check in and it's in your room when you get on. No schlepping luggage around. This has almost the feeling of a cruise ship. It's nice to have a train like this for people who can afford it."

A trip on the American-European Express is not inexpensive. The most expensive option is $984 (1,154 miles from New York to Chicago in the Presidential cabin). AEE says traveling with them is less than the combined cost of coach airfare between New York and Chicago, a night in a fine hotel, comparable meals, and ground transportation. AEE's fares include all meals, wine with dinner, a champagne and hors d'oeuvres reception and onboard gratuities. But it is customary for porters to receive cash tips, which generally range from $10 to $100, as a pamphlet from AEE states.

As the train crept into Washington, D.C. one and a half hours late (but who cared) and passed the Washington Monument and the Capitol, Mr. Bill played "America the Beautiful." It was a nice final touch.

To make reservations call 1-800-677-4233 or write 329 West 18th St., Suite 402, Chicago, Ill. 60616, tel. 312-226-5558, FAX 312-226-5633.

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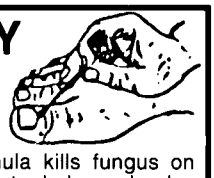

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A Prince of an Island

Anne of Green Gables still beckons travelers to her storybook home.

BY TOM AND JOANNE O'TOOLE

Anne Shirley ("That's Anne with an 'e,' please"), a freckle-faced, red-haired, imaginative dynamo fictionalized by Lucy Maud Montgomery, is a character who became so real in the mind of the reader that the lives of the creator and the creation merged.

Maud, as she preferred to be called, wrote *Anne of Green Gables* in 1905, but five publishers rejected the manuscript before L. C. Page of Boston accepted it in 1908. The setting, her native Prince Edward Island, Canada, became and continues to be a magnet for succeeding generations of fans who come in search of the imaginary Avonlea community and its heartwarming inhabitants.

Five more books followed in the Green Gables series revolving around the impetuous orphan that Mark Twain called "the sweetest creation of child life yet written."

Maud based her stories on reality and many of her characters and locations came from actual experiences. As we traveled the peaceful country roads of the Cavendish area, we began to appreciate how indelibly Maud and Anne had left their impression on this island in the northeast Atlantic Maritimes.

Anyone able to claim a kinship to Maud does so with great relish. Cousins and great-grand this-or-thats trot themselves out for visitors to fuss over—as though the late author's inspiration and talents were transferable. Many sites have been restored and opened to the public, and craft

The island has been described as the "million-acre farm" because of its bountiful garden vegetables and luscious berries. The most famous native delicacy? Potatoes—in 32 varieties.

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shops feature Anne dolls, assorted Montgomery books, and video tapes of a recent and highly successful Anne PBS film. In Charlottetown, the capital of the island, a musical version of the book has been playing to sell-out audiences for a quarter of a century. Seldom have we seen such an impact.

Green Gables House was one of Maud's favorite places as a child, and she went there often to visit her elderly cousins David and Margaret Macneill. She chose it for the setting of her book, and loosely based Matthew and Marilla Cuthbert, the fictional brother and sister who adopt Anne, on her cousins. By 1909, visitors were already coming to see Green Gables and to walk down Anne's special haunt, "lover's lane." That distressed Maud, because it was also her special place—even though it was merely a dirt and gravel cow path.

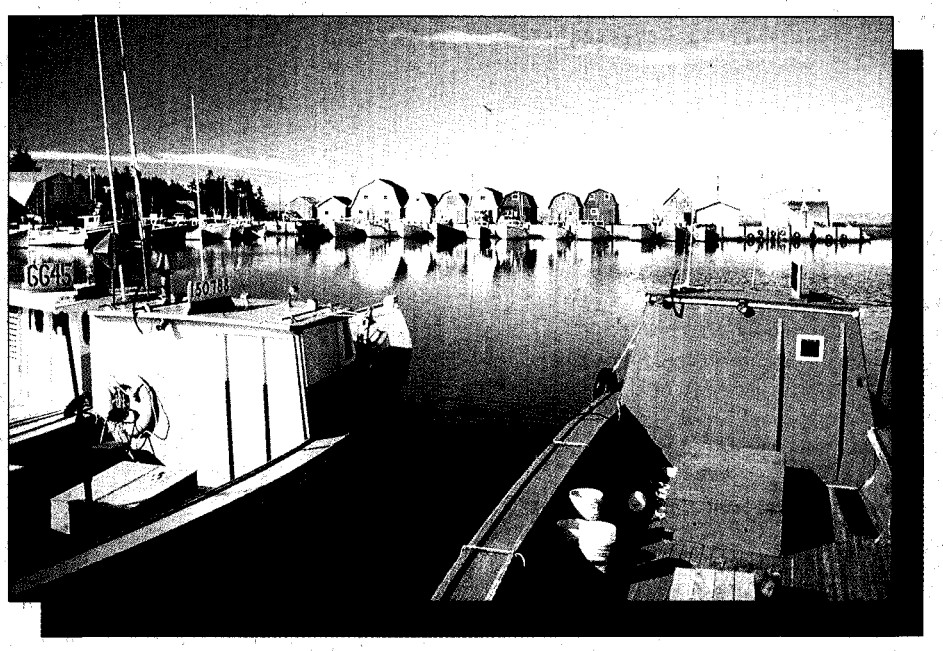
In 1920 Green Gables became a tourist home, but in 1936 the park service purchased it and the surrounding land. Rooms have been restored in keeping with the story, and the white shingled house with green roof, gables, and trim has not changed much over the years.

Located in the western end of Prince Edward Island National Park (one of the most visited parks in Canada), the house had 300,000 guests walk through its familiar rooms last year.

Tracing Maud's life chronologically, we first stopped at her birthplace home in nearby Clifton Corner. The small, two-floor cottage, overlooking New London Harbor, has a display of scrapbooks, picture albums, her wedding outfit, and various memorabilia. While reading news clippings we learned that Maud believed in reincarnation, thought cats had souls, and considered herself a storyteller rather than an author. She was not like the buoyant Anne, but a person of great emotional peaks and valleys who weathered many storms in her personal life.

She was born here in an upstairs bedroom in 1875. Twenty-one months later, after the death of her mother, Clara Macneill Montgomery, she was taken to live with her maternal grandparents on their Cavendish farm.

Visitors to Maud Montgomery's birthplace can view the author's wedding ensemble and personal scrapbooks. After her mother's death, Maud lived with her grandparents in another house where she wrote her famous book in a room with—you guessed it—gables.



"It is the sea which makes Prince Edward Island," wrote Maud Montgomery. "Save for a few places in the interior, it is ever visible somewhere. . . ."

The Celtic legacy lives on in the musical talent of resident islanders. Ever-present fiddlers produce jigs and reels reminiscent of the British homeland.

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Sadly, only the stone foundation of the cozy farmhouse that Maud wrote of so lovingly remains. In the bookshop on the grounds, her distant cousin John Macneill and his wife Jennie keep a photo of the farm as it used to look, and share their recollections with those who come to visit.

Maud wrote, "I shall always be grateful that my childhood was passed in a spot where there were many trees . . . old ancestral trees, planted and tended by hands long dead, bound up with everything of joy and sorrow that visited the lives in their shadow." The grounds are exquisitely peaceful, and you can still hear the same rustling of the leaves and smell the sweet scent of her favorite apple tree, now gnarled and hollowed out, but continuing to bear fruit. Maud's heart must have broken when she left the farm after her grandmother's death in 1911.

Following in Maud's footsteps, we went to the nearby Anne of Green Gables Museum at Silver Bush Home in Park Corner. It was here she came to visit her Aunt Annie Campbell and cousin Fredericka, her best friend and the model for Diana in the best-selling series. The Campbell pond soon became the Lake of Shining Waters, where many adventures took place.

George Campbell, Fredericka's great-grandson, operates the museum and the Shining Waters Tea Room and Craft Shop. The museum is filled with family treasures and many autographed first editions. In the kitchen sits the blue chest that was the inspiration for *The Story Girl.* Maud was married here on July 5, 1911, at the age of 36 to Presbyterian minister Ewan Macdonald, and returned often over the years with her family. She wrote, "I love the old spot better than any other place on earth."

Maud's books enjoy worldwide popularity and have been translated into many languages. She is especially revered in Japan, and the Japanese arrive in droves to see for themselves the pictures she painted with words. Campbell told of a Japanese college girl who was determined to visit Prince Edward Island before she returned to her country. She arrived in Charlottetown in the dead of winter, and not realizing the distance, decided to walk to Cavendish. How she made it no one knows, but she finally arrived cold and exhausted, only to find the sites closed. The friendly locals took the disappointed girl in, showed her about, then drove her back to town. They are now trying to

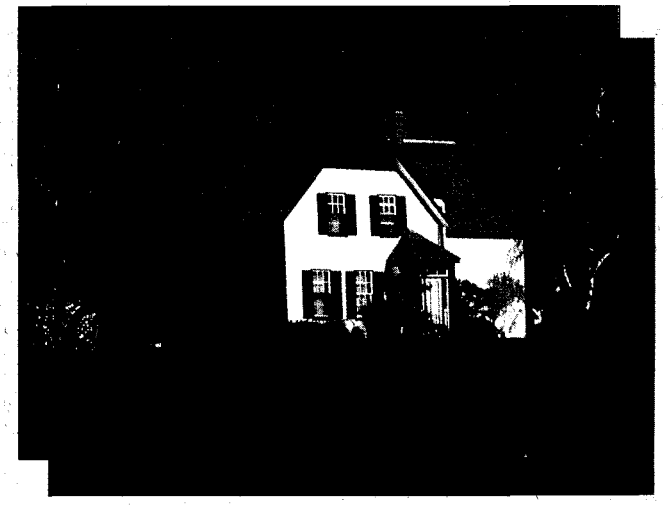
continued on page 86

Before You Decide to Go:

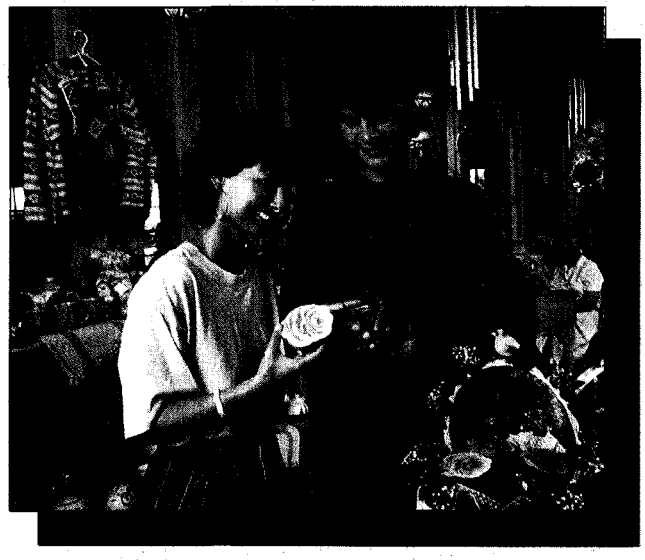
✾ Most people arrive at Prince Edward Island by ferry, following the Abegweit Passage of the Northumberland Strait from New Brunswick. About 1.5 million people a year make the 45-minute crossing between Cape Tormentine and Borden on the southcentral part of the island. Others use the 75-minute ferry from Caribou, Nova Scotia, to Wood Islands on the southeast shore of PEI. Ferry charges are per person, plus the vehicle if you drive over and back (as many do). There is also air service.

✾ Traffic is light on the island, and getting around on your own is easy. There are many small inns, cottages, and cozy B&Bs. One of the most convenient is the Kindred Spirits Country Inn in Cavendish, just a short walk across a golf course fairway from Green Gables House. In Charlottetown, excellent accommodations are found at the Canadian Pacific Prince Edward Hotel.

✾ For a visitor's guide—including scenic drive maps of the island, lots of brochures, and a wealth of information on lovable Anne—contact the Prince Edward Island Visitors Service, P.O. Box 940, Charlottetown, PEI, C1A 7M5 Canada.



Green Gables House is within a pebble's throw of Anne's "babbling brook," "haunted woods," and "lovers' lane."



For visitors who can tear themselves away from the picture-perfect beaches, more than 80 craft shops boast collectables such as pottery and quilts.

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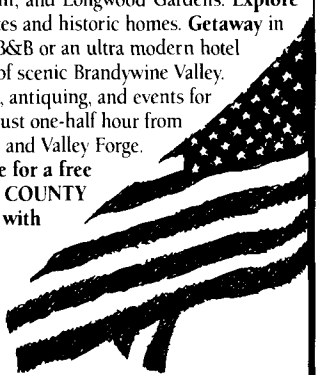

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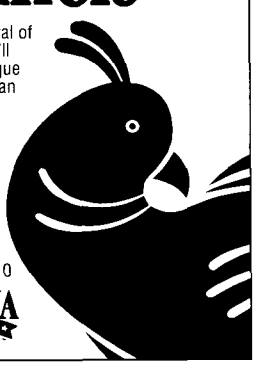

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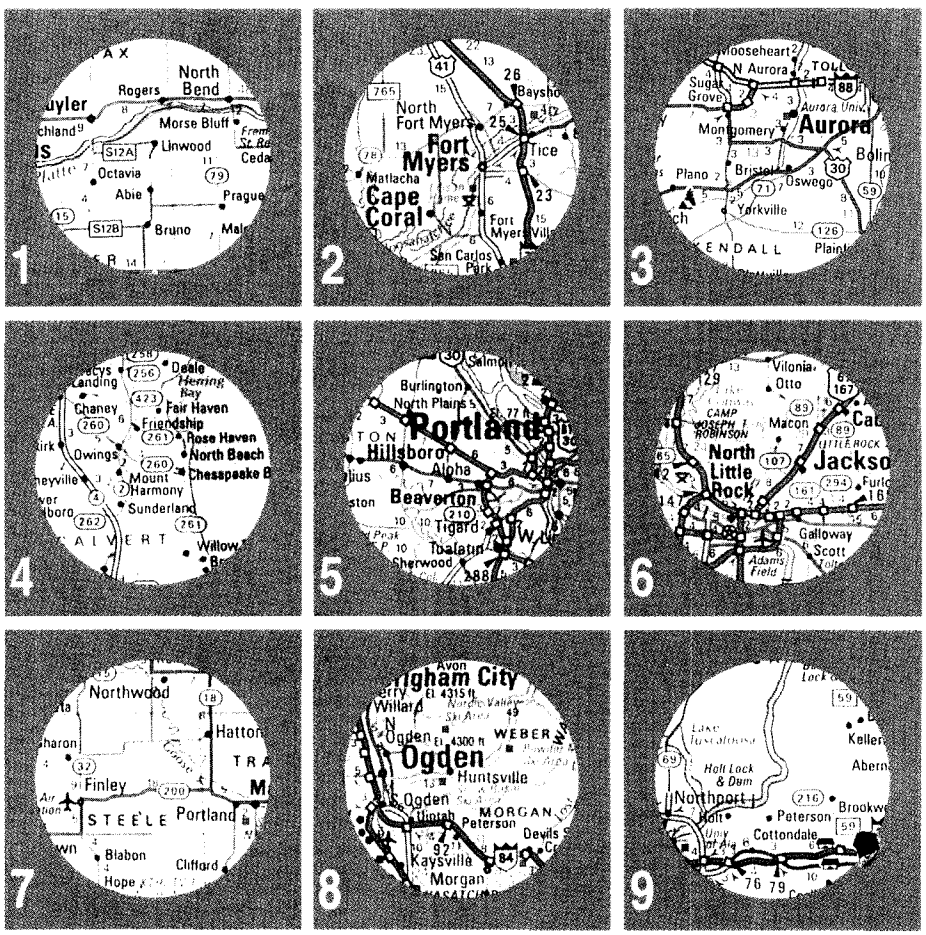
arrange for her to return and see the place at its best.

Throughout the central section of the island, dotted by scenic bays, sand dunes, and idyllic harbor villages such as Bideford, Lower Bedeque, and Malpeque Bay, you can drive past and sometimes tour other significant places in Maud's life. The school where she taught, churches she attended, homes, and a parsonage where she boarded, all recall similar occasions in Anne's growing-up years. Is it any wonder fans can't keep the real person and the fictional character apart?

Few visitors come to the island without being touched by Maud and Anne in some way. After a while it is hard to keep in perspective that the books are fiction, as Anne has become almost larger than life itself. Yet it wouldn't be much of a shock to see the pigtailed young lady come racing around the corner.

When Maud died in Toronto in 1942, at the age of 67, she had written a total of 23 books, including a biography. She also left behind journals (which have only recently been published), and many lengthy letters written to fans and friends that continue to reveal her love for the fishing and farming island where she was born and raised. She was returned to Prince Edward Island to lie in state at Green Gables House before being buried alongside her many relatives in Cavendish Community Cemetery. The memorial arch above the entrance proclaims it to be the "Resting Place of L.M. Montgomery." A bed of geraniums, candy tuft, and ivy covers the grave. Often tucked in around the



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 102)

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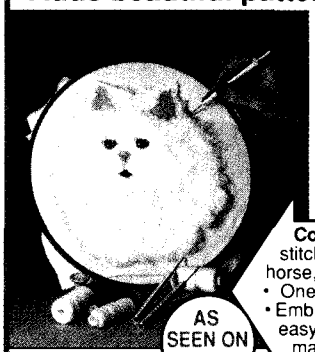

All you do is punch. It automatically loops and stitches. Now anyone can easily create hundreds of adorable patterns fast. Great for jeans, tee shirts or fancy quilts. Now you can quickly make 3 dimensional iron-on kittens, carousel horses, panda bears, etc. You can even display these lovely tapestries as wall-hangings throughout your home. Comes complete with 3 different punch stitches, allowing you to make artistic one-of-a-kind designs.

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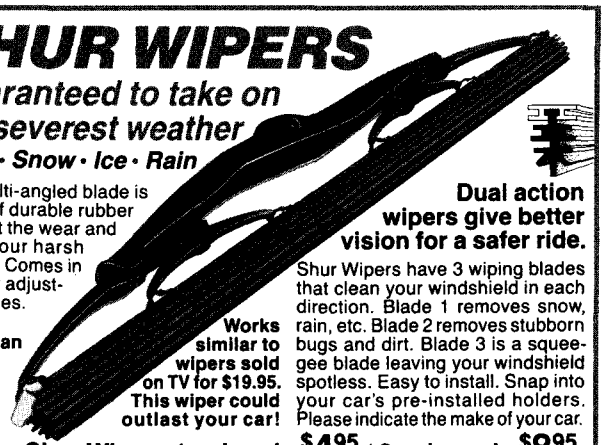

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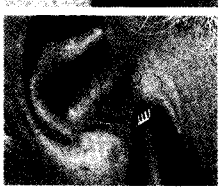
Shur Wipers 1 pair only $4.95 / 2 pairs only $8.95



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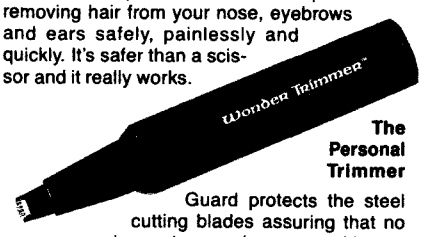

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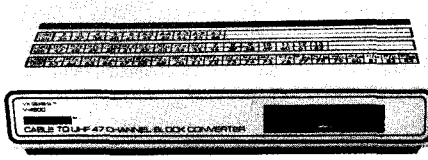

Imagine! Now you can have cable TV without the monthly cable box rental cost. That's right! Our 47 channel cable TV converter can easily be hooked up in seconds. Result – you get 47 channels that are normally broadcast only by the cable companies. Measures just 7" x 3".

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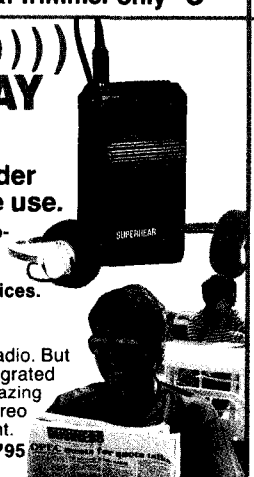

Superhear is actually disguised as an ordinary radio. But that's where the similarity ends. Its high tech integrated circuitry with electronic microchips is really an amazing super listening device. Slip on the adjustable stereo headphones – Presto! Start listening. Lightweight. (Batteries not incl.)

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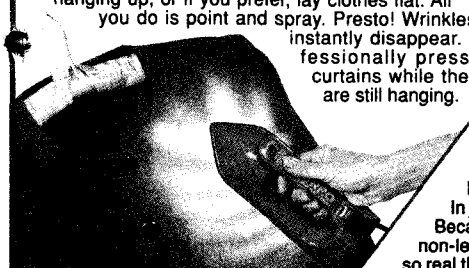

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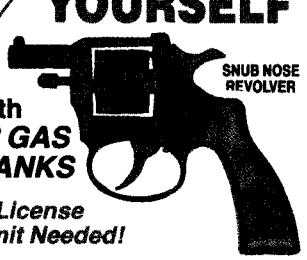

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headstone are small bouquets left by loving fans.

Prince Edward Island has remained just as peaceful and unspoiled as it was in Maud's lifetime. Visitors can still experience the same friendly, unhurried, and secure feeling that Anne did as she roamed its lanes and byways.

Thousands of years ago the Micmac Indians named the island Abegweit, meaning "cradled in the waves," and cradled it is in the mild Gulf of St. Lawrence waters.

The island perimeter is a patchwork of provincial and national parks that encompasses long, sandy beaches (fabulous for summer swimming), jagged cliffs, and drifting sand dunes, anchored by waving Marrom grass. Picturesque fishing villages and lighthouses dot the coast, and dramatic seascapes seem to go on forever. The salty smell of the ocean floats in the air. Gently rolling hills covered in clover, potatoes, and grain blanket the island's interior. Wildflowers dapple the roadsides, and on almost every knoll are a neat farmhouse and barn surrounded by wide open spaces. Red clay soil, rich in iron, produces fertile fields, pastures sprinkled with contented herds of dairy and beef cattle, and large stands of spruce, poplar, and fir trees. It is a wonderful place to unwind, sightsee, and sample the traditions and varied cuisines of its French, Irish, Scotch, and English communities.

Scenic drive maps will guide you on day trips to places such as Region Evangeline where the flavor and history of French Acadia remain, or to Dalvay-by-the-Sea, where Irish Seisiuns (say-shoons) feature Celtic music, storytelling, and dancing by local leprechauns. Don't miss the family-style lobster supper dished up by the island housewives.

We stopped in at the New Glasgow recreation center, on the banks of the Clyde River (only five miles from Cavendish) to feast on all-you-can-eat chowder, salads, fresh lobster, homemade bread, and pies. There are a number of lobster supper places all over Prince Edward Island. A nice place to satisfy your sweet tooth is the Prince Edward Island Preserve Company, also in New Glasgow. Scotsman Bruce McNaughton, dressed in his clan kilt, is there to greet and seat you.

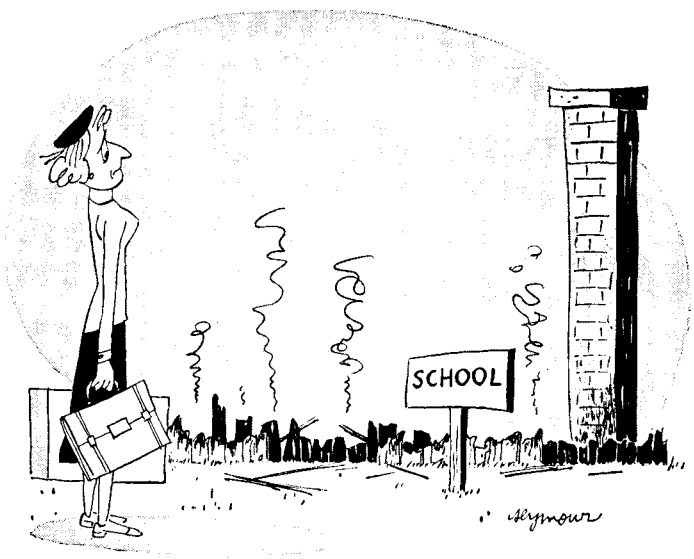
In the southeast corner you can step back into restored 19th century island life at Orwell Farms Historic Village, or go on a whale watching cruise on the Montague River.

Be sure to spend some time in Charlottetown, the birthplace of Canada. The town dates back to 1855 and was originally named for Queen Charlotte, but came to be known as "Irish town" for its large Irish population. It was here the Fathers of Confederation came in 1864 to begin talks on a united Canada. Province House, where the delegates met, is now a National Historic Site operated by the Canadian Parks Service and open to the public. It continues to be the legislative building for Prince Edward Island. Walking tours of Charlottetown are available, as are bus tours of the city and the island.

It is only fitting we end this article with a quotation from Maud that truly captures her deep feeling for her beloved island. She wrote:

"Peace! You never know what peace is until you walk on the shores or in the fields or along the winding red roads of Abegweit on a summer twilight when the dew is falling and the old, old stars are peeping out and the sea keeps its nightly tryst with the little land it loves. You find your soul then. You realize that youth is not a vanished thing, but something that dwells forever

continued on page 91



You be the Judge

by William Donaldson

The Upper Upperdunk School Board contracted with Miss Dimity for her to teach at $150 a month, but when she reported she found that the schoolhouse had burned down. Worse still, the board told her that her services would not be needed, as it would take nearly a year to build a new school.

"But don't worry about the children," the kindly board members said. "We've arranged for them to go to another school. Unfortunately, it is well staffed and we can't place you there."

"I'm worried about me," Miss Dimity replied indignantly. "It's too late in the year for me to get another teaching job, I don't know how to do anything else, so what am I to live on if you don't pay me as you agreed?"

"Your attitude pains us deeply," the board retorted. "It's not our fault that the school burned down and you have no place to teach. Do you expect us to pay you $150 a month for doing nothing?"

Miss Dimity thereupon sued the board to compel it to keep its contract.

If you were the judge, would you make the board pay the teacher?

The board was ordered to pay Miss Dimity $150 a month, even though she did no teaching. The court said its contract could have provided an "out" if unforeseen circumstances, such as the school fire, made it impossible to hold classes. But no such provision was in the contract, and as Miss Dimity was ready, able, and willing to perform her part of the bargain, the court ruled that the board must keep its agreement.

Based on a 1918 decision of the Supreme Court of Wisconsin.

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But those who hope in the LORD will renew their strength; they will soar on wings like eagles
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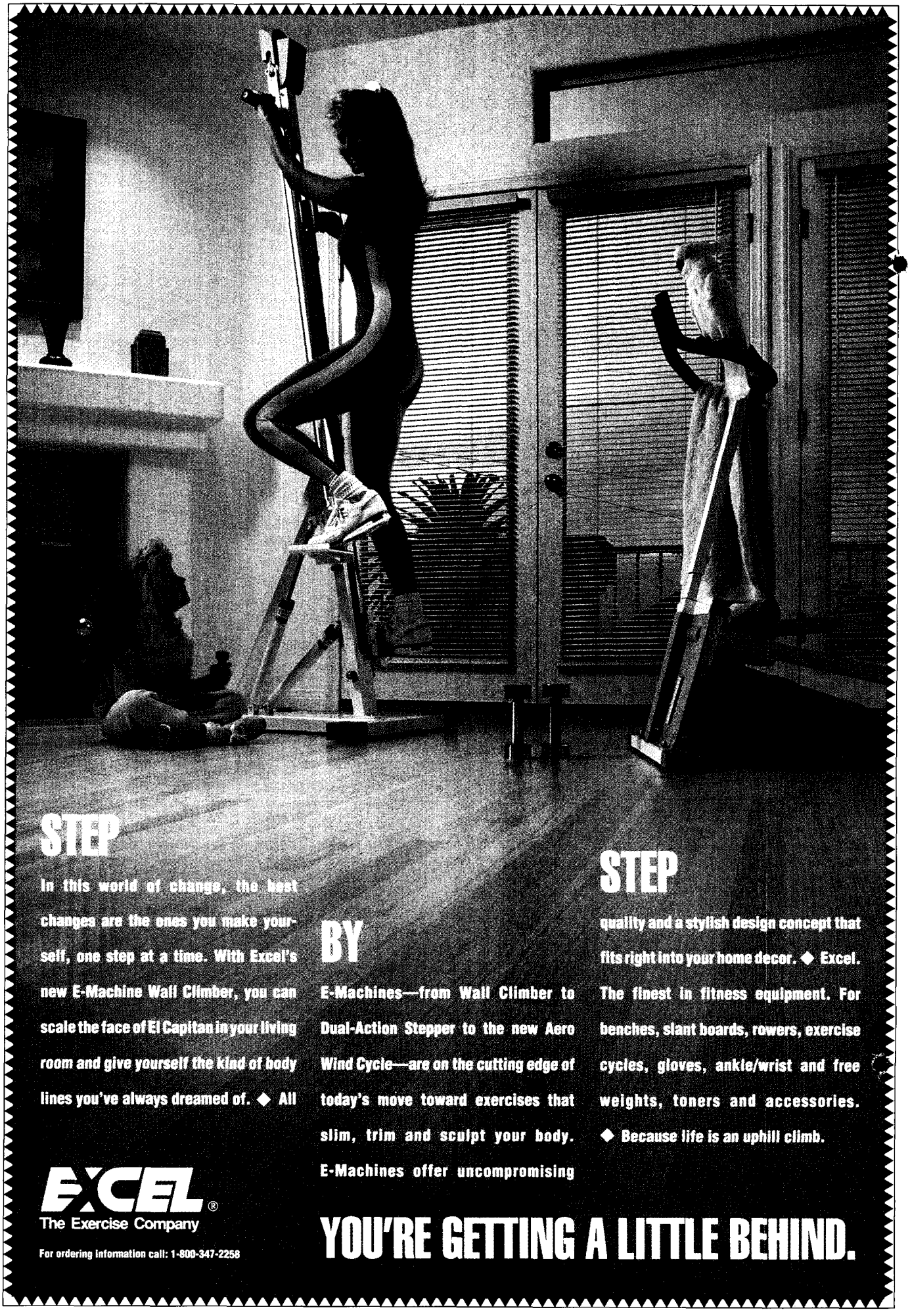
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A Prince of an Island

continued from page 88

in the heart. And you look around on the dimming landscape of haunted hills and long white sand beaches and murmuring ocean, on homestead lights and the old fields tilled by the dead and gone generation who lived then . . . even if you are not Abegweit born, you will say, 'Why, I have come home.' "

The Angry Heiress

continued from page 76

Scooch Schoonmaker to expect us there. And that Hellenbarger."

"What are you cooking up, you old demon?" I asked her.

Ann Peak said nothing.

"She's not talking, Skunk," said Burt. "We don't know any more about this than you do."

I thought Scooch might be waiting for us outside the barbershop, if Miss Peak had told him to meet us there, because she holds his mortgage. But I didn't expect to see Oliver Hellenbarger. There stood Ollie, though, looking bewildered.

"Pull up, Effie," ordered the old lady. . . . "Good morning, Mr. Schoonmaker. . . . Good morning, Hellenbarger. Hellenbarger, I understand you own this building."

"Yes-yes, that's right."

"Turn the horses onto the walk, Effie," said Miss Peak. "Don't mind the curbstone; it shouldn't be here. Hellenbarger, kindly remove this tumble-down ruin immediately. It's blocking the driveway."

Down at the corner the bell in the white steeple of the Dutch Reformed Church began to clang.

"Remove? Driveway? What driveway?" stammered Hellenbarger.

"Remove this obstruction at once, sir, or my friends and I will be late for church."

"Are you crazy?" asked Ollie.

That was the first time in her life, you can be good and sure, anybody ever asked Ann Peak if she was crazy. Two spots pink as carnations glowed in her cheeks. "You refuse?" she asked coldly.

"How can I move it? Why should I move it?"

"Why? Because this was the old entrance to the driveway to the carriage shed, until the town built on it." Miss Peak turned to Scooch. "Mr.

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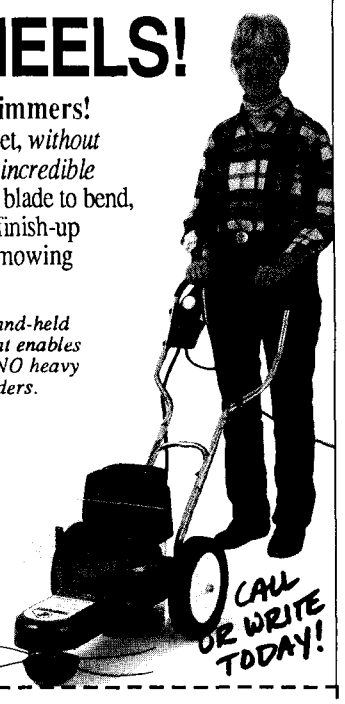

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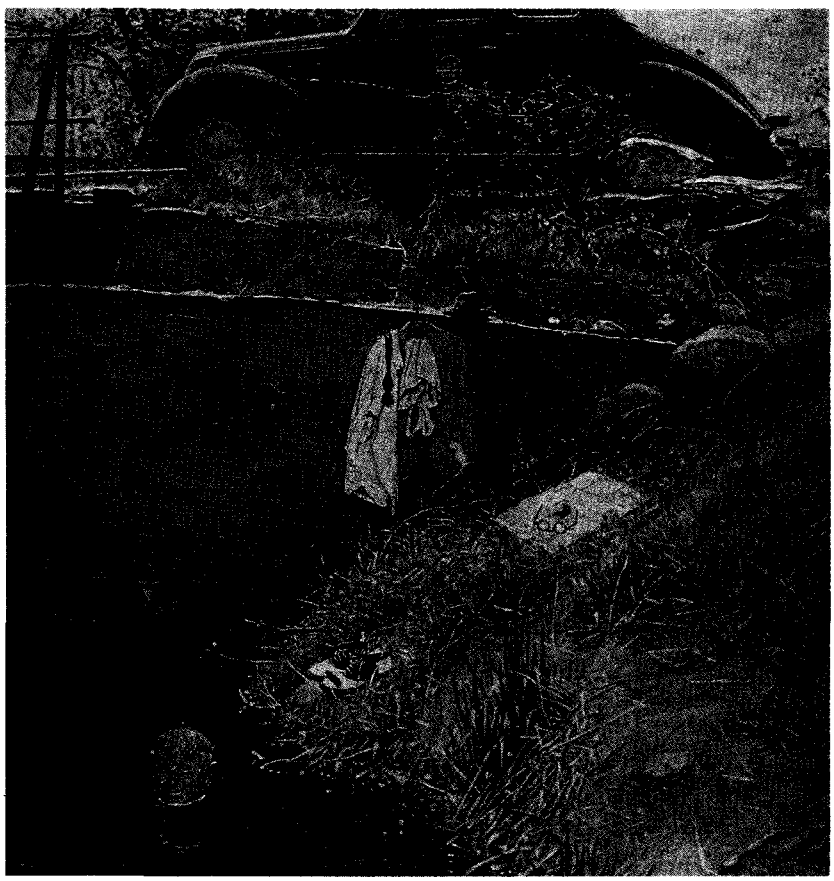
Schoonmaker," she said, "you are my witness that this man denies us entry. May I call your attention to the terms on which this property was given to the town by my father? If at any time, the deed reads, entry shall be denied the carriages of church members wishing to enter church property, the said parcel reverts to the Peak family. This lot is no longer Hellenbarger's. It's mine."

"But I paid good money for it!" howled Hellenbarger.

"As they say in the movies," Miss Peak said to him, "tough luck. No doubt the town will find good use for your money. You can deduct it from your income tax as a contribution—your very first, I'm sure. . . . Back the team, Effie. We'll park on the street with the finny monsters."

Later, in church, while we were all singing "Strange Are Thy Ways," with me sitting at the end of the Peak family pew and Ann Peak beside me in the aisle in her wheelchair, that she leaned over behind her hymnbook and told me I really must be the world's lousiest lawyer. At least I'm afraid that's what she said, although I tell myself maybe she said laziest.



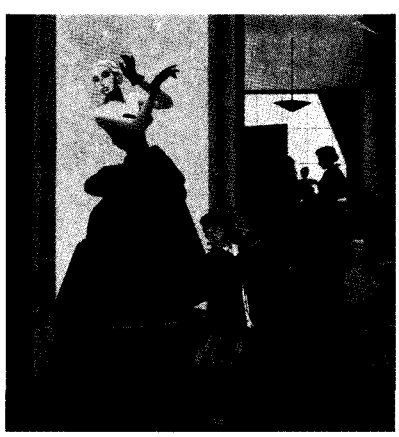
Can you name this picture?

. . . ***contest:*** *The Saturday Evening Post* will award $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or a limerick of five lines.

Send your entry *on a postcard.* Do *not* send us a self-addressed, stamped envelope. Entries will not be returned. Enter as many times as you wish.

Send all entries to: Photo Contest, *The Saturday Evening Post*, 1100 Waterway Boulevard, Indianapolis, Indiana 46202.

All eligible caption entries must be postmarked by October 25, 1991.



Our congratulations and a check for $100 go to Jerre Hayes of St. Marys, Georgia, for the winning entry in our July/August 1991 caption contest.

A knobby-kneed moppet with braces
Is practicing feminine graces,
Prepared for the time
When she's in her prime
To put other belles in their places.

Spices

continued from page 26

into 1-inch pieces
1 1/4 cups acorn squash, peeled and cubed (1-inch pieces)
1 1/4 cups carrots, peeled and sliced (1-inch pieces)
1/4 pound green beans, cut (1 1/2-inch pieces)
2 tablespoons instant minced onion
2 1/2 teaspoons paprika
1 1/2 teaspoons salt (optional)
1/2 teaspoon cumin seed
1/4 teaspoon instant minced garlic
2 ears corn-on-the-cob, cut into 1 1/2-inch pieces
3 1/2 tablespoons flour

In large saucepan place chicken, celery, black pepper, and 2 1/2 quarts water; bring to boil. Reduce heat and simmer, covered, until chicken is tender, about 1 hour. Strain chicken, reserving broth; set chicken aside to cool. Return 3 1/2 cups of broth to saucepan. Add potatoes, squash, carrots, green beans, onion, paprika, salt, cumin seed, and garlic; bring to boil. Reduce heat and simmer, covered, until vegetables are almost tender, about 20 minutes. Meanwhile, remove chicken from bones and cut into cubes. Add to saucepan along with corn. Continue to simmer, covered, until vegetables are tender, about 10 minutes. Combine flour with 1/3 cup water; add to stew. Cook and stir until thickened, about 3 minutes.

* * *

Jamaican Curried Shrimp Stew
(Makes 8 servings)

2 tablespoons instant minced onion

continued on page 102

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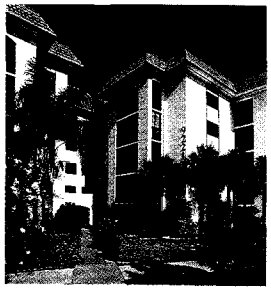

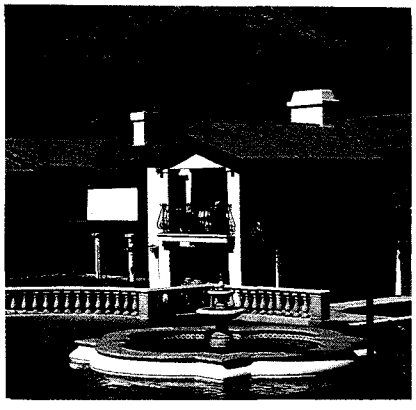

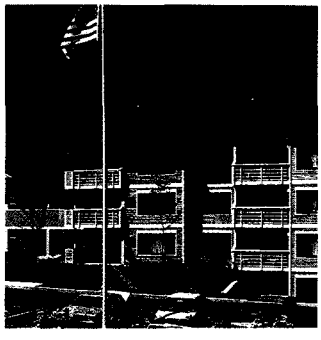

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Nothing in this world is so powerful as an idea whose time has come."—*Victor Hugo*

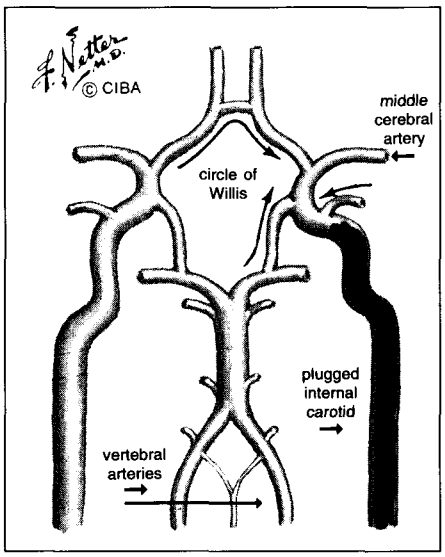
Carotid Cholesterol

Dear Dr. SerVaas:

My husband has had high cholesterol in the past. He is now taking niacin, and his cholesterol is down. In his physical he had a Doppler test and an ultrasound test of his carotid artery. He was shown to have an 80 percent blockage of his left carotid where it forked to enter the brain.

One heart specialist that he consulted wanted him to have surgery immediately, to remove the obstruction, but another doctor suggested that he wait for a while and try the diet recommended by the American Heart Association to see if the blockage might be reduced in that way. My husband definitely wants to avoid surgery if there is anything else he can do. The doctors explained to him that the blockage increases his chance of having a stroke. He feels fine now.

Marlene Johnson
Houston, Texas



Nature has given us the *circle of Willis* so that if one of the carotids is occluded help comes up the back way, through the vertebral artery, into the circle of Willis to provide blood to the impaired side of the brain via the middle cerebral artery (see arrows).

There is an honest difference of opinion among cardiologists, neurologists, and internists about when to intervene in cases with 80 percent carotid blockage without symptoms.

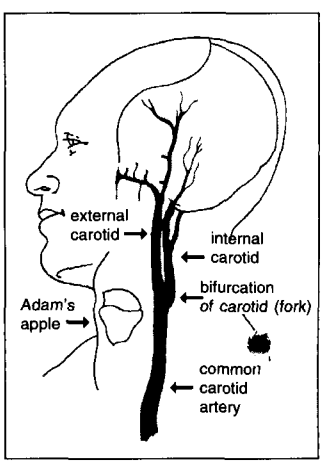
Dr. Stuart Nelson is a physician in the Fort Worth, Texas, area who has collected histories of 800 patients with evidence of blockage, and he reports good results in reversing it. He told us that with diet and medication he has seen patients who "had been 100 percent plugged up who are 50 percent plugged up now." He said he had discovered such improvement on ultrasound pictures in as little as six to eight months. He told us of one woman whose 80 percent blockage was reduced to 40 percent as revealed by before-and-after ultrasound tests.

His optimism is extremely good news for people who are reluctant about surgery when they have no symptoms from this problem.

Doctors often discover the blocked carotid during a physical when they hear a typical kind of turbulence of the blood being forced past the obstruction. They call this sound a "bruit."

They then recommend the Doppler and ultrasound tests. The Doppler test magnifies the noise of the blood going through, and the ultrasound shows, in color, the turbulence of the blood being forced past the obstruction. The high-frequency sound waves can be directed right to the center of the artery.

It is fortunate that the ultrasound equipment can print out colored pictures of the obstruction to show the patients, as these create very potent incentives for patients to adhere to their low-fat and no-cholesterol diets.



The carotid bifurcation (fork) is a common place for the formation of cholesterol-filled atherosclerotic plaque.

Surgery to remove cholesterol plaques from the bifurcation (fork) of the carotid is a common procedure for a regrettably common problem. The procedure is called an *endarterectomy*. According to Dr. Nelson, those who have their obstructions removed at the bifurcation of the carotid still need to adhere to a low-fat and no-

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cholesterol diet since the plaques would rarely be present in only one place in the vascular system.

Smaller vessels in the brain may also be forming plaques. Another common place for plaques is in the coronary arteries of the heart.

Dr. Nelson takes a serious interest in those with carotid obstructions. In addition to studying the HDL and LDL cholesterols, he also looks at the apolipoproteins test results. Damon Laboratories do the tests for him. He also does phenotyping of the patient to help determine the most appropriate treatment.

There is good rationale for knowing the condition of one's carotid arteries. For example, we're told that if an obstruction has developed over a period of years, the auxiliary circulation from the complex of arteries called the *circle of Willis* can take over providing blood to the impaired or vulnerable side of the brain. This is possible because the circle of Willis receives blood from the basilar artery via the vertebral artery which comes up from the back and is completely independent of the carotids. If the obstruction is a recent event, the auxiliary circulation may not be there and the risk for a stroke is greater.

Dr. Dean Ornish from the School of Medicine at the University of California in San Francisco puts his patients on a 10 percent fat and no-cholesterol diet to reverse their cholesterol plaques. He finds patients who continue to get worse when they follow the recommendations of the American Heart Association. They need the stricter 10 percent fat and no-cholesterol diet for regression of the plaque, he told us. (The American Heart Association allows 30 percent fat.)

The NIH reports that more than 100,000 endarterectomies are performed in the U.S. each year. Far fewer are performed in England.

Many Causes for Memory Loss

Dear Dr. SerVaas:

My wife and I, ages 77 and 78, are concerned with Alzheimer's disease. We say and use words that have no relation to the subject at hand. One example is: (myself) I guess I'll put out the "laundry" and I should have said "trash." Other examples are similar or worse.

We also will get lost during a conversation for use of the right words. I'll tap my head and say that I can't express what I want to say. Others in the same age bracket (60-80 years and older) say, "join the club." We understand that the disease can be controlled but not cured and treatment should start early—what is lost cannot be retrieved.

Can you give us some advice on where to go, either a medical doctor or a facility? We have had experience where the doctor will say, "Well, at your age." Others have had the same experience. In some cases, this is probably true, but it appears as if the doctor doesn't know or want to treat older persons. We are both eligible for the military medical care system but are also interested in the civilian system as well. We are both also eligible for Medicare.

I have been a subscriber to *The Saturday Evening Post* for some time and your "Medical Mailbox" gets the first attention. I don't believe you have a "round file."

Eugene L. Doyle
Woodbridge, Virginia

You'll be happy to know that some doctors *prefer* to treat senior citizens, and you should look for such a doctor

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to give you a thorough workup. These specialists are called geriatricians. Gerontology departments are now found in most large medical centers.

Don't even think of Alzheimer's until all other possible sources of memory loss have been ruled out.

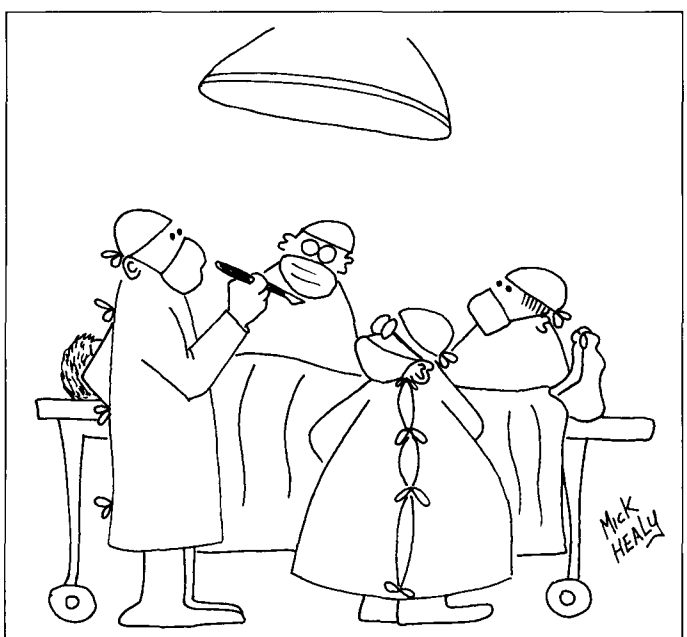
There are many causes of memory loss, and Alzheimer's is only one of them. There is no definitive test for Alzheimer's, so the only way that doctors can diagnose the disorder is to give enough tests to rule out all other causes of the symptoms.

For starters, hypothyroidism (myxedema) can cause intellectual impairment. It can become so severe that it progresses to a psychosis. Symptoms of hypothyroidism include low body temperature, constipation, greater menstruation, anemia, thick and scaly skin, dry and sparse hair, slowing of the heart, swelling around the eyes, and enlargement of the tongue. These symptoms can begin very slowly so that the personality change and the memory loss may seem to come gradually as it would in Alzheimer's. All senior citizens with increased forgetfulness should have a thyroid check.

Some dietary problems can lead to a deficiency state with associated memory dysfunction. Chronic hypoglycemia can cause memory loss. There are also numerous prescription drugs that can bring on memory dysfunction. These include antihypertensives (medications for high blood pressure) and sedatives such as Valium. Treatable depression can also cause memory loss. Magnesium deficiency is a known cause of memory loss and depression.

Lack of intellectual challenge can also cause loss of memory. Memory is like a muscle: Use it or lose it.

Senior citizens can become malnourished when they develop an inability to metabolize lactose in dairy products and become vitamin and mineral deficient as a result. The malnutrition can then give serious problems with their mentation. Lactaid, Dairy Ease, or other such enzyme replacements can alleviate this malnutrition and memory loss. Lactose intolerance is an extremely common problem in seniors of Asian, African, or Hispanic descent.



"Mind if I cut in?"

Another rare but extremely serious affliction that can be beset senior citizens and cause them to become mentally impaired is pernicious anemia. It is caused when the lining of the stomach no longer produces sufficient *intrinsic factor*, a substance which is necessary for the body to efficiently absorb sufficient vitamin B_{12}. Lack of adequate B_{12} in the diet can also cause this disorder. Vitamin B_{12} malabsorption is most common in people of northern European descent.

Whether the problem is due to dietary insufficiency or to lack of intrinsic factor, without administration of B_{12}, memory loss, depression, irritability, and actual paranoia can result. Supplementation of 500 *micro*grams of vitamin B_{12} daily can prevent pernicious anemia, according to Dr. Christian Jansen. Five hundred micrograms is a miniscule amount—one could balance it on the head of a pin.

Some viral and bacterial infections can cause memory loss, confusion, and disorientation. A careful history from both the patient and spouse should be done.

It is important to rule out all other possible causes of memory loss because there are many that can be cured easily, whereas Alzheimer's is seemingly incurable at this time. A misdiagnosis of Alzheimer's could prevent proper treatment and a return to a normal life.

Recurrent Vaginitis

Dear Dr. SerVaas:

I am 25 years old, and for the past two years have had recurring problems with *Trichomonas vaginalis* and a yeast infection at the same time. My gynecologist repeatedly prescribed metronidazole (Flagyl) and Monistat as treatment. This usually would help and then a month or two later I would be back again. According to my gynecologist, *Trichomonas* normally occurs when household chemicals such as laundry detergent or bath soap are changed. I have been extremely careful with the products I use and nothing seems to help. For the past three months, I have been unable to clear up the infection at all. The Flagyl and Monistat help alleviate the discomfort, but as soon as I stop taking the medication, it flares up again. My husband receives this treatment (Flagyl) with me, so I don't think he's reinfecting me.

Do you know of anyone who specializes in this sort of thing or do you have any advice you could give me? I would appreciate any help. After two years, I'm beginning to feel desperate!

Name withheld
Springfield, Illinois

Dr. Norman Dahm specializes in attacking difficult vaginitis problems such as yours. He told us that one in ten patients with vaginitis will have recurrent bouts that will be resistant to normal modes of therapy.

If treatment of both the husband and the wife doesn't stop the infection, and in other really tough cases, the husband is asked to wear a condom during intercourse for up to six weeks in order to make absolutely certain that he is not reinfecting his spouse.

Dr. Dahm stressed that accurate diagnosis of the infecting organisms is of the highest importance. Only with an accurate diagnosis will the doctor be able to give the treatment that is best for a specific problem. Otherwise one may be treating the symptoms without treating the cause.

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The diagnosis of vaginitis involves swabbing the vaginal wall with a cotton swab and then making a "wet mount." A wet mount entails placing the swabbed sample on a microscope slide with a solution that allows the organisms to be seen easily. Both yeast and *Trichomonas* have a very characteristic appearance under the microscope, and the doctor can determine which one, or both, might be causing the infection.

Trichomonas is usually treated by giving Flagyl to both husband and wife for one week. Yeast infections are treated with Terazol or other drugs in the form of a cream or suppository.

Dr. Dahm noted that diabetics and women taking antibiotics are more likely to get vaginitis.

Blood Sugar Fluctuations

Dear Dr. SerVaas:

How about having your doctor "researchers" write an article on hypoglycemia. I recently met a woman who told me she was hypoglycemic. Her teenage daughter, who was almost impossible to live with, was diagnosed as hypoglycemic also. After being on a regime for hypoglycemia she's a different girl—a joy to have around.

Just a thought—I won't miss it, if an article comes. I usually read the *SEP* from cover to cover.

Ethel R. Seymour
Des Moines, Washington

Low blood sugar is known as hypoglycemia and high blood sugar is known as hyperglycemia. The amount of sugar, or glucose, in the blood is very important for many processes, including the control of mood and energy levels, pathologic changes in the cardiovascular system, thirst, urine output, and proper functioning of the brain. The blood sugar level is under constant control by hormones in the body, the two most important being glucagon and insulin.

Glucagon is released when the blood sugar level is low. It causes the body's stores of glucose to be released into the blood so that the tissues can continue to function normally. When blood sugar is high, insulin is secreted into the blood, and this allows the body to use the glucose that is in the blood by causing its entry into the cells. Without insulin, the body is unable to use any of the glucose that is in the blood.

"You've got to fight! You've got to want to get well!"

Most people experience natural fluctuations in their blood glucose level throughout the day. Shortly after a meal, the blood sugar level rises as carbohydrates are absorbed from the gut. Insulin is then released and the blood sugar drops as the sugar is utilized by the cells. As the blood sugar level drops, the normal response of the body is to release hormones, such as adrenaline and glucagon, to prevent the sugar level from dropping too low.

Many hypoglycemics are helped by eating frequent, small meals high in fiber and complex carbohydrates and by getting on a daily exercise routine. Simple sugars that get into the blood quickly are not recommended; they produce a fast elevation of blood sugar and a rebound effect that lowers the glucose level. These simple sugars are found in desserts and in many popular snack foods.

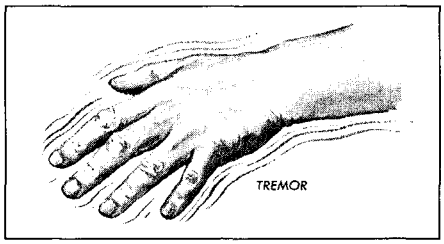
Hypoglycemics who know they feel nervous or irritated at 11:30 in the morning should eat a small breakfast twice before lunch. The idea is to replace sugar with more complex carbohydrates. Oatmeal, bran cereals and muffins, and whole grain toast without jelly will help smooth out the blood glucose level until lunch time.

Benign Essential Tremor

Dear Dr. SerVaas:

Thank you for your very interesting insight into so many things in the "Medical Mailbox" section of the *Post*.

I read with great interest the request from Kim Allen of Chevy Chase, Maryland, concerning "Benign Essential Tremor."



Trembling hands can be annoying, but they do not always indicate a more serious medical condition.

If you have any suggestions that might help in bettering this condition it would be so appreciated by perhaps many of your readers who have to live with this day after day.

We will be awaiting a reply in your "Medical Mailbox" soon. Thank you so much.

Gleneale Zopfi
Dayton, Tennessee

Doctors sometimes prescribe propranolol and primidone to control benign essential tremor. Caffeine and other drugs should be avoided.

Benign essential tremor most often affects the muscles of the hands, head, and voice. It can be aggravated by such things as stress and anxiety, exhaustion and fatigue. This type of tremor also increases with age and so it is often misnamed "senile tremor."

Tremors are produced by alternating contraction and relaxation of muscles. Most people have a natural tremor at certain times called physiologic tremor. This is often displayed when the hands are outstretched. Some tremors are visible only at rest and some are only noticeable during movements that require concentration. Benign essential

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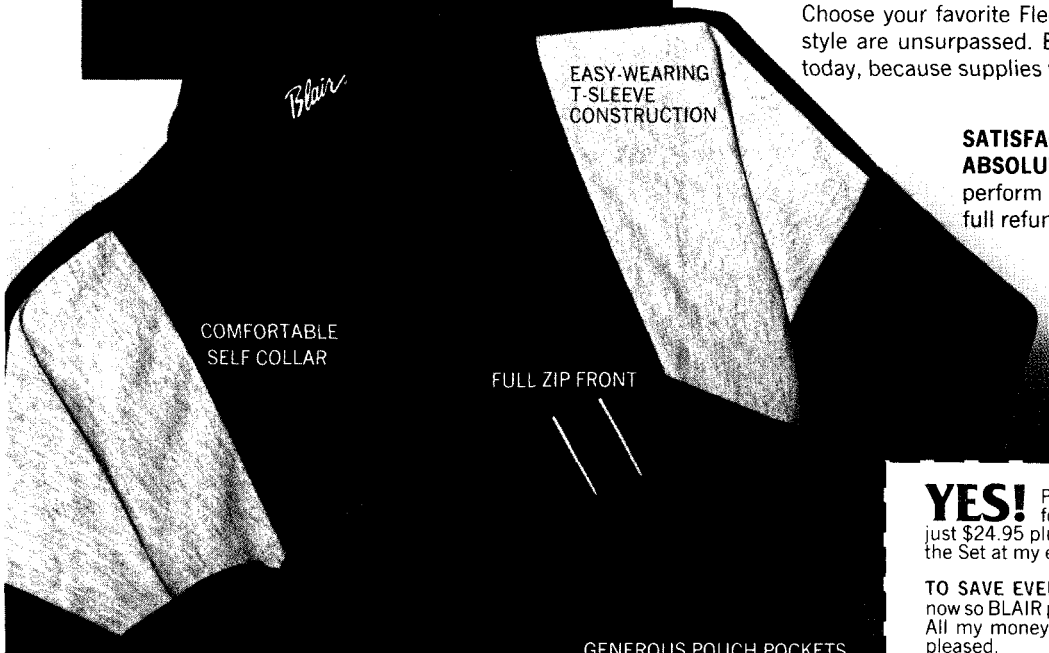

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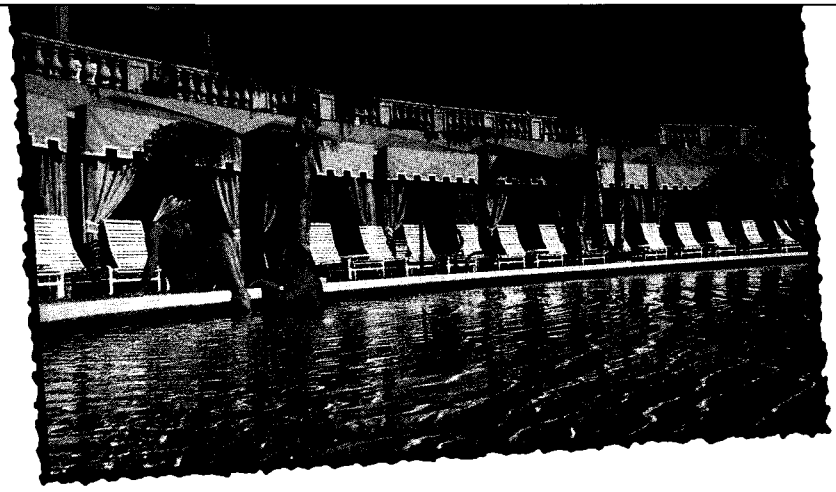

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tremor is one of those that are absent or barely noticeable at rest, and become apparent during the execution of fine, skilled movements. About 50 percent of benign essential tremor cases are thought to be inherited.

Cornstarch Is Safe

Dear Dr. SerVaas:

Reading the warning regarding talcum powder danger in the May/June *SEP*, I was wondering if the same caution applied to cornstarch? Also, what causes female yeast infections, and is it safe to use yogurt only as a home remedy, or should medical advice be sought?

As a female, I avoid tight underclothing, choose cotton crotch pantyhose eliminating the need for extra panties, never douche or use "feminine" deodorants, and just keep clean daily with gentle soap and water. Yet I have been plagued with yeast infections twice in a year following antibiotics. I know they can cause it, but for years I used antibiotics when prescribed for infections and never got a yeast infection!

My symptoms are: redness in the genital area, itching, burning, and a lot of soreness that needs an ice pack for relief.

S. Wolferd
Wading River, New York

There is no evidence that cornstarch is harmful when applied to the perineal area. It seems to be a safe alternative to using talcum powder and/or powder-containing sprays. Talcum powder is different from cornstarch in that it is derived from silica instead of corn. Talc is thought to be a carcinogen due to its chemical relation to asbestos, which is a known carcinogen.

Yes, yogurt is safe to eat and is beneficial in the replacement of bacteria in both the digestive tract and the female reproductive tract. These bacteria can aid in the fight against yeast infections.

Yeast infections are caused by ubiquitous, airborne, gram-positive fungi. Most yeast infections are caused by *Candida albicans* with the remainder of the infections caused by *Candida glabrata* or *Candida tropicalis*.

Physicians should check their patients with yeast problems for diabetes as a possible contributing cause.

Forceful Grit

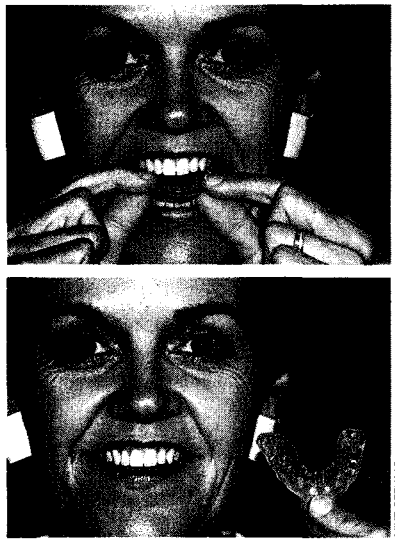
Dear Dr. SerVaas:

My sister recently developed Temporomandibular Joint disorder (TMJ). She was involved in a near auto accident a few days before she noticed that her right jaw was locked. Her doctor and dentist both are of the opinion that she gritted her teeth so forcefully while trying to avoid the accident that she caused this condition.

Neither the dentist nor the oral surgeon gave her any encouragement. One told her the muscles were involved and the other was of the opinion it involved the jaw bone.

Have any of your readers had this problem? We seem to hear of TMJ more and more frequently, but no real explanation is ever given.

Mrs. A. Smathers
Weaverville, North Carolina



MIKE SERVAAS

For some patients, like Janet McKinley, TMJ pain is prevented with a mouth apparatus.

The temporomandibular joint (TMJ or jaw joint) is located just in front of the ear. It is used extensively in both talking and chewing, and its proper functioning contributes greatly to the quality of a person's life. It is estimated that more than half of all people with rheumatoid arthritis have some involvement of the TMJ. The TMJ can become involved when there is an infection in the body, and pain in the TMJ can be mimicked by many other conditions

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that include neuralgia and nasopharyngeal cancer.

One common problem with the TMJ is a disorder known as myofacial pain-dysfunction syndrome or MPD. MPD is more common in women than in men, and it is usually brought on by the patient due to excessive, self-inflicted trauma to the joint. The most common causes are jaw-clenching and teeth-grinding habits that many people use to alleviate stress. Other people grind their teeth while sleeping, and they often awake with pain in the jaw without knowing why. All of these habits cause the chewing muscles to become fatigued, which results in forceful spasms of these muscles and puts pressure on the joint. Other possible causes of MPD are improperly aligned teeth and poorly fitting dentures, which cause trauma through extra rubbing and pressure.

The symptoms of this condition include limited jaw movement, pain in the jaw joint that can radiate to the side of the head, and frequent clicking or popping sounds while talking or eating. These sounds are very bothersome, and because they are near the ear, the person may think that others can hear the pops. These people can become very self-conscious about these noises and this often leads to introversion, as the person seeks to avoid situations in which he or she may be forced to eat or talk around others. In actuality, the sounds are very quiet, and it is rare that others can hear them. Treatment for MPD involves limited jaw movement and eating a soft, non-chewy diet. Aspirin is given for pain, and muscle relaxants and tranquilizers are given at bedtime if night teeth grinding is thought to be the problem. A biteplate can also be used to give better alignment and reduce pressure.

Investigate Your Insurance

Dear Dr. SerVaas:

I understand the price of an MRI is very expensive, in the price range of $850 to $1,000. What I don't understand is how one type of insurance company will cover it and another type of insurance company must give pre-approval for the test to be performed. If your insurance premiums are paid and a doctor orders the test, there is no doubt a good reason for it.

I suffered for 18 years with undiagnosed hydrocephalus (water on the brain) that was diagnosed as cluster headaches by several neurologists, until one day I went to see an orthopedic surgeon who sent me for an MRI and quickly my medical problem was found. After my new diagnosis I had surgery to correct my problem. I was lucky I didn't suffer any severe paralysis because of the amount of time wasted before the correct test was performed to detect my medical problem.

I urge all of you who read this to make sure your insurance company is aware that we should be covered for such tests if needed. Otherwise, why are they accepting our money for their so-called coverage?

Debra K. Rohm
Medina, Ohio

Prostate Cancer

Dear Dr. SerVaas:

A note to update your cancer #800 listing on page 101 of the May/June '91 *Post*.

Missing is 1-800-82USTOO for prostate cancer—now a national organization.

John Moenck
Oakbrook Terrace, Illinois

Fatigue Sleep-loss Anxiety Impotence

Nature's signals of an undetected health problem! **Most often misunderstood, most overlooked.** ***Is there a link to you?*** **If so, you could wind up on a merry-go-round of specialists, tests and treatments.**

Bad night's sleep? Praying to get through the day? Lack of sleep may be turning the USA into a nation of zombies. The result is a torture of chronic fatigue combined with low resistance to disease, sexual problems (unable to perform because you're too tired most of the time), breathing and heart rhythm becomes frightening, hallucinations, high blood pressure . . . all can be the cause of sleep disorder syndrome, "The Sleeping Killer."

Lack of sleep costs countless lives and billions of dollars just from accidents. Insomniacs report trouble remembering, coping with minor irritations, accomplishing small tasks or enjoying family and social relationships.

To help you understand the probable causes and *life-threatening consequences* of sleep-related disorders, Marshall Flagg Publications has released a brochure prepared from a patient's point of view, the painfully familiar symptoms of chronic fatigue dysfunction, *"deep in your muscles, deep in your bones."* Our research for thirty-seven years has gained insight on these mystery symptoms . . . now we can supply clues that might get your medical mystery solved and save you thousands of dollars wandering from specialist-to-specialist.

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World of Spices

continued from page 92

2 tablespoons instant minced garlic
1/4 cup water
4 tablespoons margarine
1 tablespoon curry powder
2 pounds shrimp, peeled and deveined
1 can (16 ounces) tomatoes, broken up
1/2 teaspoon salt (optional)
1/2 teaspoon thyme leaves, crumbled
1/8 teaspoon ground red pepper
1 tablespoon lemon juice

Mix minced onion and garlic with water; let stand 10 minutes to soften. In large skillet melt margarine. Add onion and garlic, sauté until golden. Add curry powder; sauté for 1 minute, stirring often. Add shrimp, tomatoes, salt, thyme, red pepper, and lemon juice. Cover and cook over moderate heat until shrimp turn pink, 4-5 minutes, stirring occasionally. Serve over steamed rice.

* * *

Glorified Bulljoul
(Makes 8 servings or more)

2 pounds baccalao (salt cod)
1 1/2 pounds fresh shrimp, cooked, shelled, and deveined
2 1/2 lemons
1 teaspoon coarsely ground black pepper
1/2 teaspoon dried thyme
1 large red onion, finely chopped
2 large bell peppers, chopped, preferably red, although green will do
1 10-ounce bottle whole green olives
1 bunch watercress leaves
2 ribs celery, finely chopped
2 tomatoes, peeled and cut into small pieces
1 large or 2 small, ripe, unblemished avocados, peeled and cubed
1 cup olive oil
Lettuce leaves, sliced tomatoes, and avocado wedges for garnish

Soak salt cod overnight in cold water to cover. Drain and place in saucepan. Add more cold water to cover and bring to boil. Simmer 5 minutes, then remove from heat and drain. Remove any bones from cod and squeeze flesh with hands. Shred the cod and place it in mixing bowl. Add shrimp and stir until well blended. Add the juice of lemons, pepper, thyme, onion, bell peppers, olives, watercress, celery, and tomato pieces. Place avocado cubes in container of electric blender and blend, gradually adding oil. Add this to cod mixture and stir gently to blend everything. Pour the mixture into a serving dish and garnish with lettuce, tomatoes, and avocado wedges.

* * *

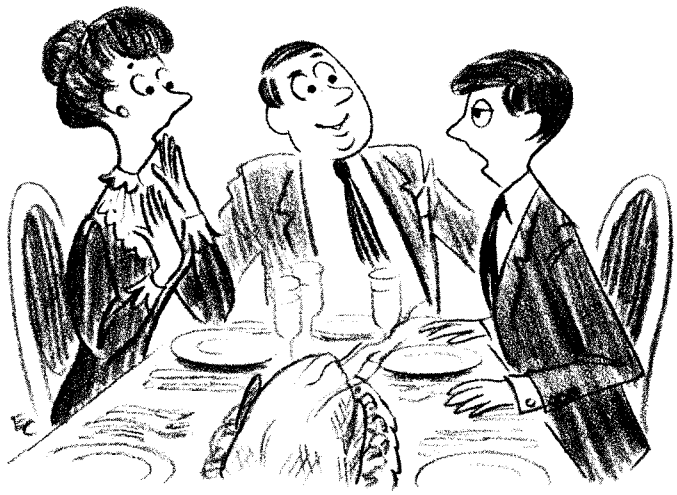
Spicy Thai Rice
(Makes 6 servings)

2 cups water
1 cup uncooked rice
1/4 cup chopped green onions
2 fresh red chilies, seeded and chopped
1 tablespoon snipped cilantro
1 tablespoon margarine
1 teaspoon minced fresh ginger root
3/4 teaspoon salt
1/8 teaspoon fresh lime juice
1/8 teaspoon ground turmeric
Chopped roasted peanuts for garnish (optional)
Red pepper flakes for garnish (optional)

Combine water, rice, onions, chilies, cilantro, margarine, ginger root, salt, and turmeric in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Lower heat to simmer; cover with tight-fitting lid. Cook 15-20 minutes or until rice is tender and liquid is absorbed. Stir in lime juice; fluff with fork. Garnish with peanuts and pepper flakes, if desired.

Microwave oven instructions: Combine ingredients as above in 2- to 3-quart deep microwave baking dish; stir. Cover and cook 15-20 minutes or until rice is tender and liquid is absorbed. Stir in lime juice; fluff with fork. Garnish with peanuts and pepper flakes, if desired.

Editor's note: If you would like a copy of the spice map that appears on page 19, an 18" x 24", full-color map, suitable for framing, is available. To order, send $7.00 to: American Spice Trade Association, 928 Broadway, New York, NY 10010.



The Perfect Squelch

Louise was known for her wordy and easily-heard prayers. At a Thanksgiving dinner, where several people had gathered, she asked a timid college student to say the blessing for the food.

The young man flushed and bowed his head, and began mumbling an incoherent prayer.

When he finished, she said, "You need to speak louder. I couldn't hear a word you said."

"I wasn't talking to you," he replied.

—Martha VanCise

Where Do You Think You Are?
(Answers from page 86)
(Theme: Cities with north in the name)

1. North Bend, NE
2. North Ft. Myers, FL
3. North Aurora, IL
4. North Beach, MD
5. North Plains, OR
6. North Little Rock, AR
7. Northwood, ND
8. North Ogden, UT
9. Northport, AL

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Is Your Money Safe?

Medicare Defect Can Wipe Out Your Life Savings

If you have worked hard all your life and managed to put away a nest egg, you might end up losing most of your life savings because of a defect in Medicare.

If you or your spouse suddenly become ill and require extended nursing home care...NO ONE will help you with the nursing home bills. Medicare won't and neither will your health insurance. By law you are responsible for the nursing home bills yourself. Only after you have used up virtually all of your money, will Medicaid step in. That's because Medicaid, like Welfare, only aids the poor. By some estimates, the average couple's life savings can be wiped out after only 13 weeks of nursing home care.

Rich people don't have to worry because they can afford super-expensive special nursing home insurance, while the poor are taken care of by Medicaid.

Now that just doesn't seem fair to working people with a lifetime of hard-earned savings. The system they have supported with tax dollars, seems to have forgotten them. Savings intended to provide security in retirement, or help for children, can quickly go up in smoke.

The fact is, if you don't know how to protect your assets, here's what can happen to you. By law, before Medicaid will pay nursing home bills, you have to spend all your countable assets except $2000 (or as low as $1500 in some states.) Countable assets mean not only money in checking and savings accounts...but also any funds in CD's, IRA's, Savings Bonds, Mutual Funds, stocks, whole life insurance, annuities and other types of investments.

They can also take a vacation home or a second car. In addition, your entire Social Security or pension check can be taken to cover nursing home expenses. What's more, if you are single or widowed, you can even lose your house.

According to the federal law called the Spousal Impoverishment Act of 1988, if one spouse requires extended nursing home care, the healthy spouse can be forced to surrender HALF of their combined countable assets. And if you have a sizable estate, they can legally take MORE THAN HALF.

Is there anything you can do to stop this nightmare from happening to you? Yes. You are protected by law and can use several legal techniques to place your countable (or vulnerable) assets into the uncountable (or protected) category. The problem is, most people are not aware of their legal rights. Unfortunately, most people think Medicare will take care of them, so they unknowingly leave their assets vulnerable and in jeopardy.

Your legal rights and the many methods of protecting your money are now revealed in "How to Protect Your Financial Security." This financial self-defense manual tells you simple legal procedures for preserving your money and warns of pitfalls to avoid. Here is some of the valuable material you learn:

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- **How to protect a second car or vacation home**
- **If you give your money to your children without following these precise guidelines, a nursing home could get your money anyhow**
- **This type of bank account can prevent a nursing home from touching it**
- **This common legal mistake can prevent you or your spouse from receiving emergency medical care**
- **What you need to know about Living Trusts**
- **How to prevent your bank account from being frozen if you enter a nursing home**
- **What lawyers never tell you about protecting your will**

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Time for Tulips

continued from page 62

colors. The Mendels and the Triumphs bridge the gap between early and late bloomers. Of recent invention are the fringed tulips with crystal-cut edges in pastel orchid hues.

The small species tulips flourish year after year if they are fertilized annually just before they bud. The rarer and larger hybrids are not quite as durable. Their first-year bloomings are unparalleled, but second- and third-year showings are sometimes less impressive in size and regularity.

The Proper Soil

To have a durable bulb garden year after year you need a moderately rich, well-drained soil—a little on the alkaline side. A good rule of thumb on planting depths, failing more precise instructions from the supplier, is one and one-half times the height of the bulb itself. Do not add animal manures to the planting hole. Instead top-dress the ground in spring with a pelleted fertilizer or liquid manure. After blooming, allow the leaf blades to ripen and wither in place. Do not cut them down prematurely or you'll rob the bulb of food essential to its following year's growth.

In producing a spring spectacular, the important theory is to think big. Invest not only in numerous bulbs but also in spring-flowering shrubs and trees. Using container-grown stock, you can plant double-flowering pink or white almond, golden forsythia, numerous shades of lilacs, a variety of viburnum, cotoneaster, and spirea now, to bloom, perhaps modestly, next spring with your bulbs. Try flowering crab apples, peach, apple, and even a pretty redbud tree.

If your budget will allow, plant your spring garden with the same lavishness that plantsmen use when producing a display booth at a spring flower show. If shrubs and trees seem too costly for this year's budget, try for secondary color enrichment with rocks, gnarled tree branches, driftwood, polished stones or seashells—whatever is available at little or no cost in your area. Such items can introduce new colors and textures to enhance a still-sparse display. The rocks and larger boulders have other values. They provide protection for the bulbs against the garden hoe. They equalize the temperature in their immediate vicinity, attracting the midday heat and holding it into the night. In drought conditions they sustain moisture beneath to nourish bulb roots nearby.

Spring gardens have another attractive advantage. The early blooms allow the peripatetic summer traveler a smashing garden display of color (the ultimate reward for his planting labors) before he turns his eyes to other sights and hot weather adventures.

A little effort now, before the first frost, can pay off with handsome and enviable dividends next spring. Even before you are psychologically prepared to dash out into the blustering end-of-winter temperatures, your tulips, daffodils, crocuses, hyacinths, and snowdrops will be bravely blossoming, according to their own internal biological clocks. In the meantime, you can tolerate each dreary winter day easily, knowing that a spectacular flower show is already in the works for your enjoyment.

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Fascination
Jane Morgan

You, You, You
The Ames Brothers

The Three Bells
The Browns

He'll Have To Go
Jim Reeves

Anytime
Eddie Fisher

Tenderly
Rosemary Clooney

Just Walkin' In The Rain
Johnny Ray

Everything I Have Is Yours
Billy Eckstine

Release Me
Engelbert Humperdinck

Tennessee Waltz
Patti Page

Goodnight Irene
Gordon Jenkins

Secret Love
Doris Day

Unchained Melody
Al Hibbler

Beyond The Sea
Bobby Darin

Now Is The Hour
Bing Crosby

You Always Hurt The One You Love
The Mills Brothers

Little Things Mean A Lot
Kitty Kallen

You're Breaking My Heart
Vic Damone

Heartaches By The Number
Guy Mitchell

Auf Wiedersehen, Sweetheart
Vera Lynn

Too Young
Nat King Cole

Moonlight In Vermont
Margaret Whiting

Make The World Go Away
Eddy Arnold

Only You
The Platters

It's Just A Matter Of Time
Brook Benton

You Belong To Me
Jo Stafford

Spanish Eyes
Al Martino

Melody of Love
Billy Vaughn

Crazy Arms
Ray Price

To Each His Own
The Ink Spots

Twilight Time
The Three Suns

My Special Angel
Bobby Helms

Bluebird Of Happiness
Art Mooney

I'll Never Fall In Love Again
Tom Jones

Blueberry Hill
Fats Domino

Roses Are Red
Bobby Vinton

La Vie En Rose
Edith Piaf

I Believe
Frankie Laine

Autumn Leaves
Roger Williams

Kiss Of Fire
Georgia Gibbs

Peg O' My Heart
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Teresa Brewer

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